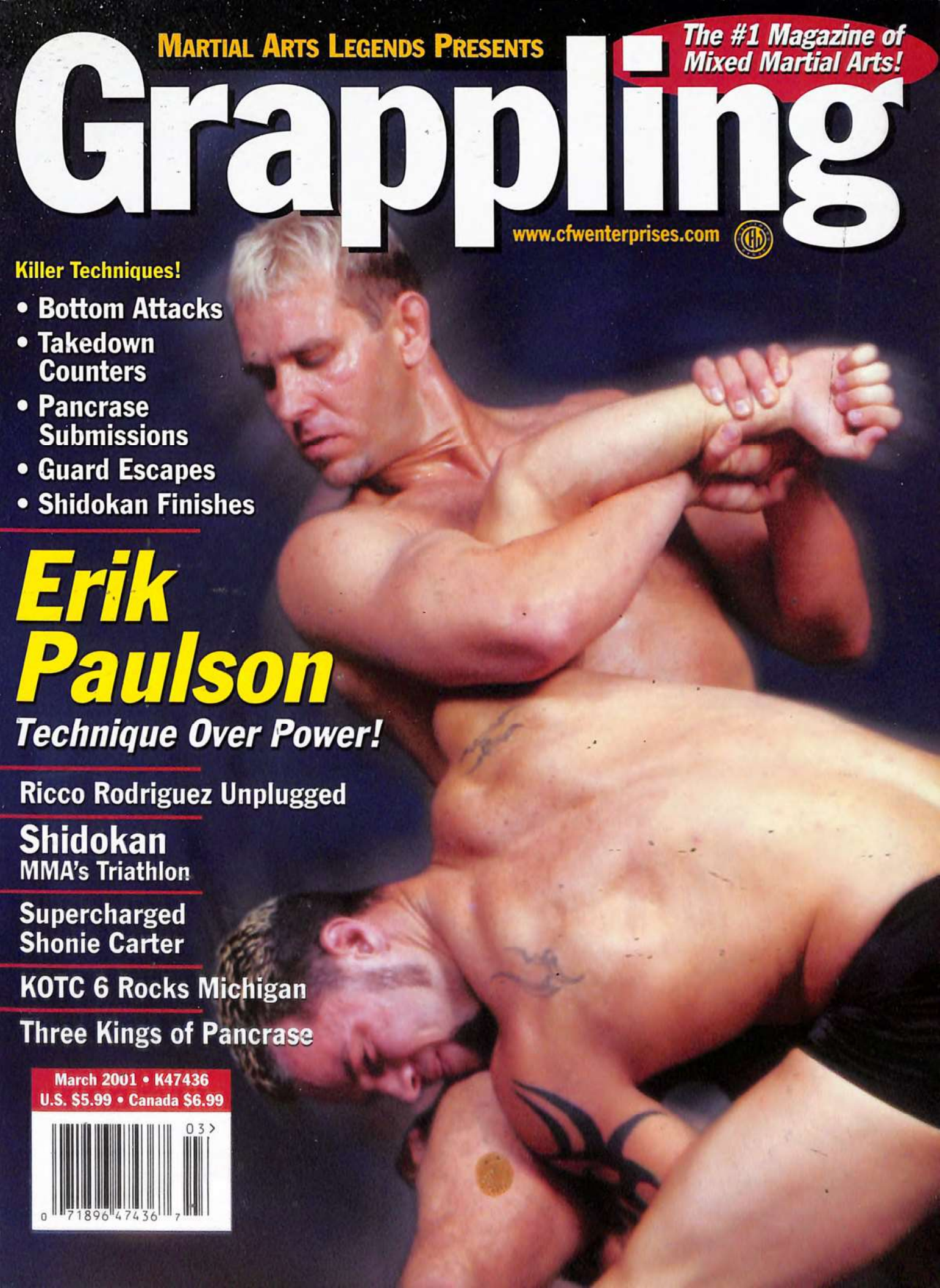
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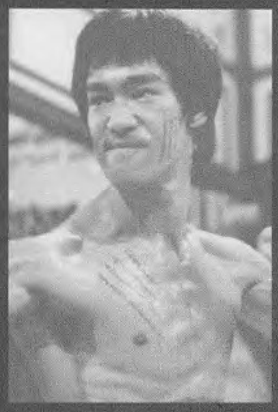

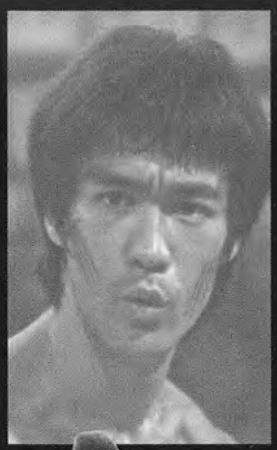

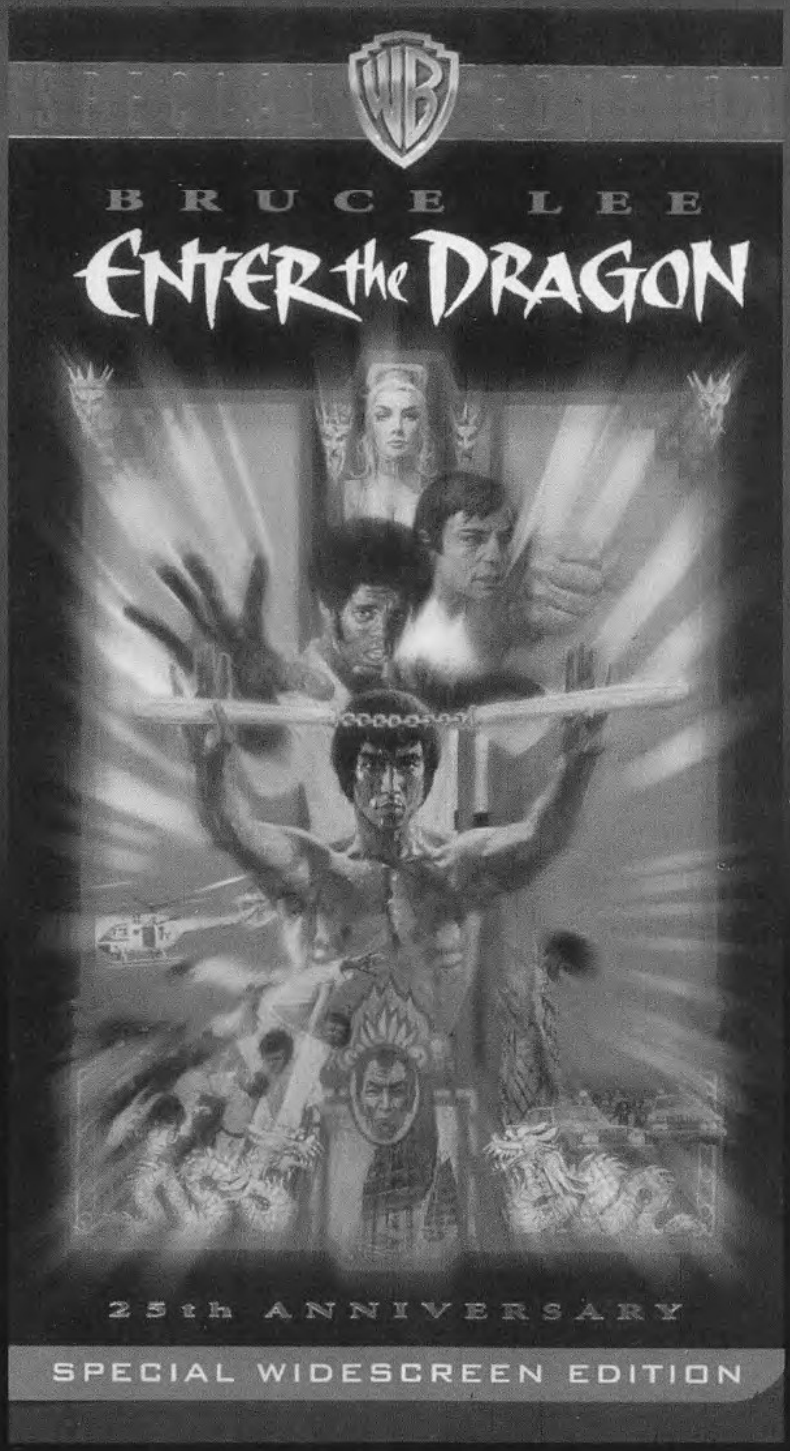

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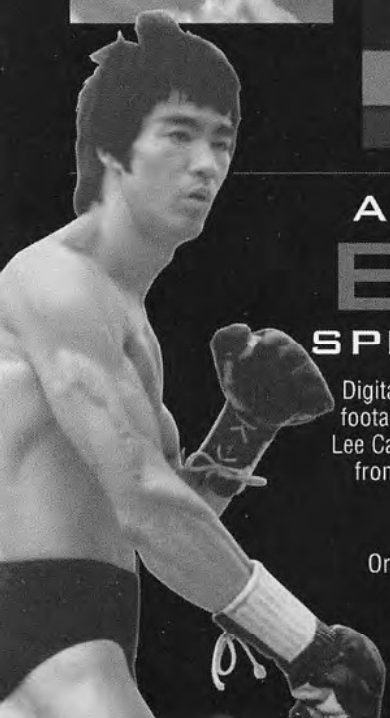

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20 Erik Paulson – Technique Over Power

Erik Paulson is one of the most versatile and well-rounded teachers and fighters in martial arts today. He is not just someone who *tells* people how to train and fight, he speaks from experience and has taught, trained and fought all over the world. *Story and photos by Todd Hester*

28 Ricco Rodriguez: The Sky's the Limit

He's affable, charismatic, and GQ good-looking - but in the ring he has the ability to trounce any opponent with solid stand-up skills and exceptional submission ability. *Story and photos by Bill Curry*

36 The 10th Annual Shidokan World Invitational

Combining grueling bare knuckle karate, brutal muay Thai, and fierce submission grappling - all in the same bout - shidokan karate is truly the triathlon of mixed martial arts. *Story and photos by Todd Hester*

44 King of the Cage 6 – The Lion's Den Turns Up The Heat in Michigan

The spectacular Soaring Eagle Casino was the site of Terry Trebilcock's latest MMA spectacle. Led by Pete Williams and Tiger White, the Lion's Den once again gobbled up the competition. *by Todd Hester*

50 Six Attacks That Really Work From The Guard

Most grapplers who watch no-holds-barred fighting events have lost a sense of respect for the guard position, which now just seems to lead to stalling, stalemates, and draws. The day of the attacking guard is over - or is it?
By Edward Lee Vincent

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58 Shonie Carter: Semper Fi

One of the many talented wrestlers turned no-holds-barred fighters from the Midwest, Chicago-based Shonie Carter has no fear of mixed martial arts matches because he's already survived something much tougher - U.S. Marine Core Boot Camp! *Story and photos by Todd Hester*

66 Three Kings - Pancrase's Night of Champions

Of all the fighting organizations in the world, Japan's Pancrase has one of the most storied histories and has played host to some of no-holds-barred's greatest champions. *Story and photos by Todd Hester*

76 Olympic Notepad

Karl Gotch, "The God of Wrestling," gives some candid and perceptive comments on the Sydney Olympics, Alexander Karelin, and past and present Olympic heroes. *By Karl Gotch*

84 The Young Lions of Abu Dhabi

Thrust into desperate circumstances by tragic twists of fate, 19 Arab orphans, rescued by a powerful leader, are taught martial arts to build character, self-esteem, and high moral values. *By Kid Peligro*

88 Takedown Counters

If you lose the takedown battle to a well-rounded fighter, you'll probably also lose the fight! To be a complete grappler, it is important to know what to do when your opponent shoots in low, grabs and snags! *By Sheldon Marr*

DEPARTMENTS

4 Editor's Note Todd Hester
8 Catch of the Day Matt Furey
10 Damage Ink Eugene Robinson
12 Gi Whiz Royler Gracie
14 Great Escapes Francisco Bueno
18 Mat Time Kid Peligro

Editor's Note

BY TODD HESTER

Passing Like the Wind

We've all seen our share of pop fads come and go. The macarena (and after all that money I spent at Macarena U), the hula hoop (wouldn't fit around my waist), disco (a combination of the hula hoop and the macarena), beanie babies; cabbage patch dolls, and Barney (at least I hope he's extinct).

Unfortunately, martial arts is not immune to fads of its own. First there was the karate craze of the late '60s brought on by Chuck Norris, then there was the kung-fu craze of the mid '70s (brought on by Bruce Lee, who is now a cultural icon), then there was the ninja craze (brought on by *Pray for Death*), then there was the samurai craze (brought on by *Shogun*), then there was the no-holds-barred craze (brought on by Art Davie, Rorion Gracie and the UFC), and now we're entering the submission grappling craze (brought on by the flood of Brazilian jiu-jitsu teachers who came to the U.S. on the coattail success of Royce Gracie's UFC wins. Like the other crazes, you have to wonder just where submission grappling is heading.

No-Holds-Barred and Submission Grappling

It used to be that submission grappling was synonymous with no-holds-barred. That was because in the early days of no-holds-barred it was truly that – no time limits, no judges, and basically no rules. The fascinating ebb and flow of a fight, however, brought on by fighters having to balance their physical reserves with their desire to finish an opponent quickly disappeared when the advent of traditional boxing-oriented rules such as gloves, short 10 minute-or-less rounds, rest between rounds, standing fighters up due to inactivity, judges, and point scoring.

This destroyed, in essence, the technical submission aspects of no-holds-barred and opened it up for untrained tough-guy brawlers and streetfighters to succeed, eventually giving its political opponents the ammunition to justify (wrongly) banning it from the mainstream cable airways. As a result, the only "true" no-holds-barred tournament left is Frederico Lapenda's World Vale Tudo (which doesn't even operate in the United States) – and it is probably the safest – as the gloves used in the other events only serve to protect a striker's hands, allowing him to inflict repeated and potentially brain-damaging blows to the opponent's head without fear of suffering a broken hand.

The sad thing about changing the rules to please only a few people is that you're never going to please them, anyway. NHB wasn't banned for safety reasons or for humanitarian reasons but for monetary and political reasons.

Avoiding Mistakes

So with that being said, I think we as a movement need to be careful what we give away to critics and what we change in order to please a few people. In California talk has been floating around the athletic commission about banning chokes, and it has been mainly one man, Greg Kaja, of Kaged Kombat in San Pedro, whose constant and unyielding confrontations with the athletic commission has prevented this from happening.

I also believe, as some point, that there will have to be some type of standardized governing body to help organize and pool political and legal resources to help all groups in all states. Going along with this would also be a standard set of rules, approved in one state, which other groups could point to and say, "See, it's legal there."

A Crew Without A Captain; A Ship Without A Rudder

So far, however, this has not happened. The ADCC rules are about as close as anyone has gotten to standard rules, but there has not been any central effort to provide and promote those rules in the U.S. So here submission grappling lays, a crew without a captain, manning a ship without a rudder.

So what does this mean in real terms? Cooperate, my brothers. Share your knowledge, your contacts, and your resources. Help each other out and work toward the good of all. The NFL is not a great sports league because there is only one team — the NFL is great because there are 28 teams. This is a big country and there is enough money, fame, publicity, and rewards for all to share 100 times over. Rather than knock each other down and try to make the other tournaments fail, we should be doing the opposite — trying to help each other succeed. Because if your brother fails then you fail – and if that happens then we all go down in the ship together.

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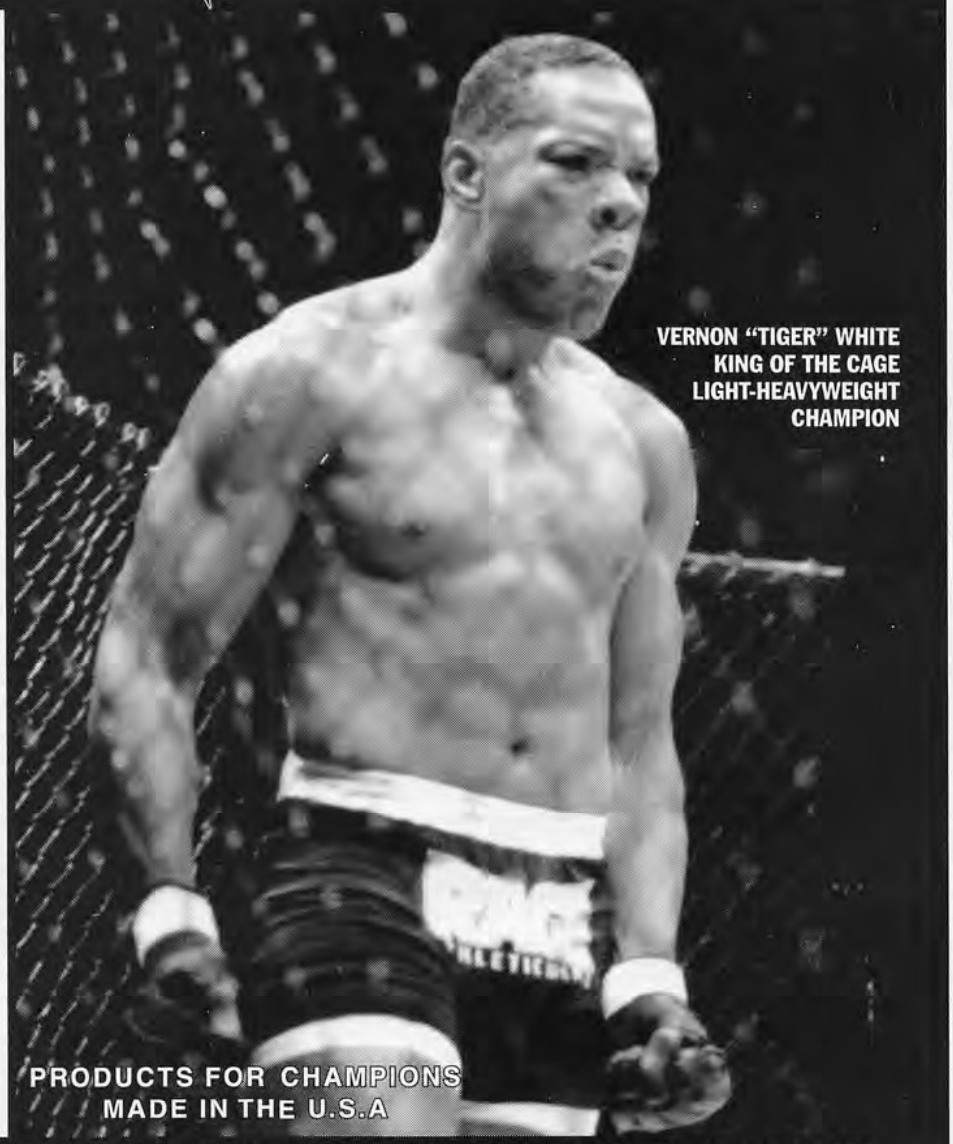

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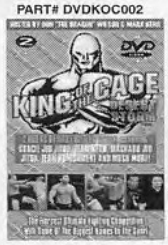

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Catch of the Day

BY MATT FUREY

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Ridding Yourself of Nervousness and Anxiety

DESPITE THE TITLE, the truth of the matter is that you can't really destroy nervousness. Energy cannot be disposed of or destroyed. It can only be changed from one form into a different form, sort of like ice cubes turning to water and water turning to steam, and so on. So instead of thinking about ridding yourself of nervousness, fear, anxiety, dread or stress, think about *changing* negative stress into positive energy. Contrary to many popular self-help notions, you don't need to think positive for this change to take place. You don't need affirmations. You don't need to do anything but melt the ice cubes - and this is done by breathing in a way that changes how you think and feel.

Here is an example of what I mean. Sit in a chair with your back straight and feet on the floor. Slowly inhale deeply through your nose, filling your lungs to their capacity. As you inhale, imagine that the air going into your lungs is a bright white color. When your lungs are completely full, hold onto the whiteness you just inhaled. Now begin to slowly exhale through your mouth, making a hissing sound as you do so: "sssssssss." As you exhale, look up and imagine that you are purging dark, cloudy energy from your lungs. When your lungs are fully depleted, pause for a couple of seconds before inhaling through your nose. Repeat this same breathing pattern five more times. Now, how do you feel? Even if you didn't feel particularly stressed before doing this breathing exercise, I'll bet you feel even better now. And you made yourself feel better without thinking a positive thought. See how easy this is?

Mark "the Bear" Smith entering the cage.

In 1997, before taking to the mat in the finals of the World Shuai-Chiao Championships in Beijing, China, I was really nervous. I wanted to win very badly. At the same time I didn't want to lose. Not only that, but I was afraid I might lose. Get the picture? I was beginning to physically tighten up because I was mentally stressed. Guess what I did. About 30 minutes before the match, I stood in place and looked into the distance, as if I were watching another bout. I did the same breathing exercise I just described, minus the "sssssss" sound. I simply inhaled white light into my lungs and exhaled dark cloudy energy. But I did one more thing: I breathed into my kidneys as well. Sounds strange, huh? How can you breathe into something other than your lungs? Well, maybe you can't, but energy goes where it is directed, and you can make strange things happen if you give it a try.

Continued on page 96

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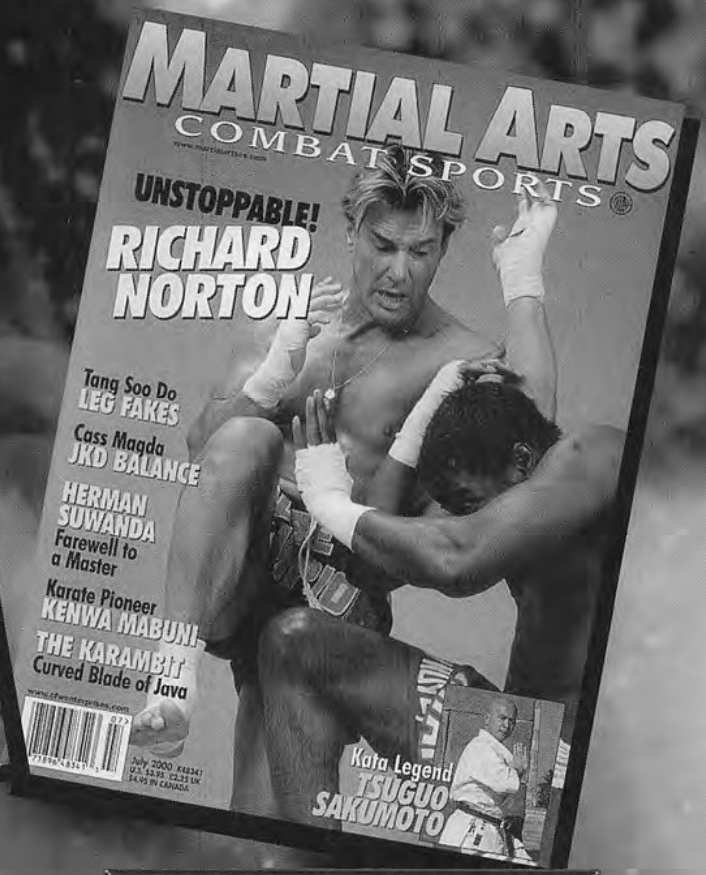

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Damage, Ink

BY EUGENE ROBINSON

Got Cash?

WHETHER IT'S RINGSIDE at Soboba or cageside in Russia, the undeniable gut-wrenching rush and thrill of mixed martial arts competition - well known to its practitioners, merely guessed at by laymen, and ignored by nellies - meets, matches and exceeds the greater half of currently existing spectator sports. The lazy lounge of even the most exciting baseball game or the Goliathesque appeal of watching 350-pound spandexed men scream into a mic at the WWF is dwarfed by the primal simplicity of watching a man beat another man. Artfully. Savagely. Completely. So why is mixed martial arts still a so-called niche sport?

Why is Senator John McCain mewling about it being human cockfighting while football contracts and felonies become *de rigeur*? And why has it, and its various historical antecedents - collegiate wrestling, kickboxing, sport judo, and jiu-jitsu - failed to make significant dents in the pop culture machinery that makes some athletes millionaires? I'll tell you why: because America is, at base root, very dishonest about its attractions.

Public claims of aversions to sex, drugs, and rock-and-roll fall feckless in light of the fact that they are individually (never mind collectively) multi-billion dollar a year industries. Our appetite for violence is something else we're dishonest about. Boxing is pulling huge gates. And fake pro-wrestling had a well-publicized death in the ring last year, and yet the honest embrace of the spiritual heart of athletic competition - beating the slop out of another man fair and square - is waved as the reason why athletic commissions are being urged to steer clear of MMA.

Bull. While you can fool some of the people some of the time, you ain't going to fool me ever on this one. Established combat sport venues are the usual suspects (and for good reason here). Boxing and fake pro-wrestling have HUGE franchises, HUGE investments in capital and human resources and therefore a huge vested interest in seeing that they'll have one tomorrow as well. And MMA hasn't cut any deals. You can watch Toughman Invitationals with barroom sluggers on HBO because (and pay attention here) HBO has a piece of that pie.

But the fiercely independent MMA promoters haven't cut any deals, made any deals, or wanted to it seems. While any deal with the established order might seem like a deal with the devil, it's much better than watching the WWF steal away a Shamrock, MMA get frozen off of pay-per-view, or the best and brightest the sport has to offer (and make no mistake we're talking pound-for-pound some of the best ATHLETES alive) die a slow death by starvation.

So while we're hearing the periodic rumors that pankration is being considered for the Olympics we should remember that there are a lot of broke synchronized swimmers sitting around out there too, and that our next and best chance for success here isn't the amateur acceptance of this sport (it's done nothing for wrestling), but a wider public awareness of how cool this thing of ours is. On a grassroots level what does that mean? Put your money where your mouth is. Buy *Grappling* magazine instead of shoplifting it. Email or write your local cable operators. Cause a stink with *your* senator. Proselytize, brother. The future looks bright ahead.

*Brooklyn native Eugene Robinson is one of America's brightest writers and the editor-in-chief of Code magazine, the leading style magazine for men of color with nearly 400,000 readers. Between playing golf with Bill Clinton, being a media consultant for Intel and Apple, appearing on screen with Bill Cosby, hosting his own German TV show (*The Eugene Robinson Show*) and writing for* GQ, Raygun *and of course,* Code, *Robinson finds time to exercise his primal instincts by submission grappling. A former student of Matt Furey, he can now be found lurking around the Beverly Hill Jiu-Jitsu Club on a semi-regular basis. Be very glad he's on our side.*

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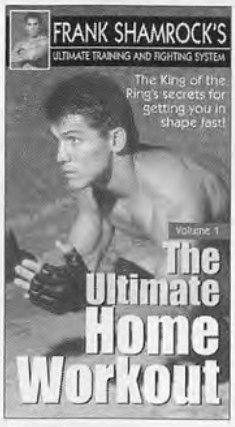
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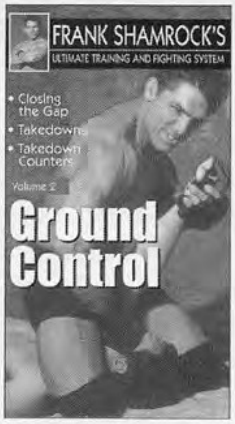

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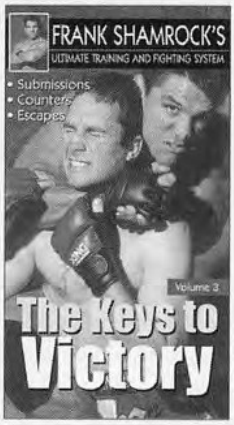

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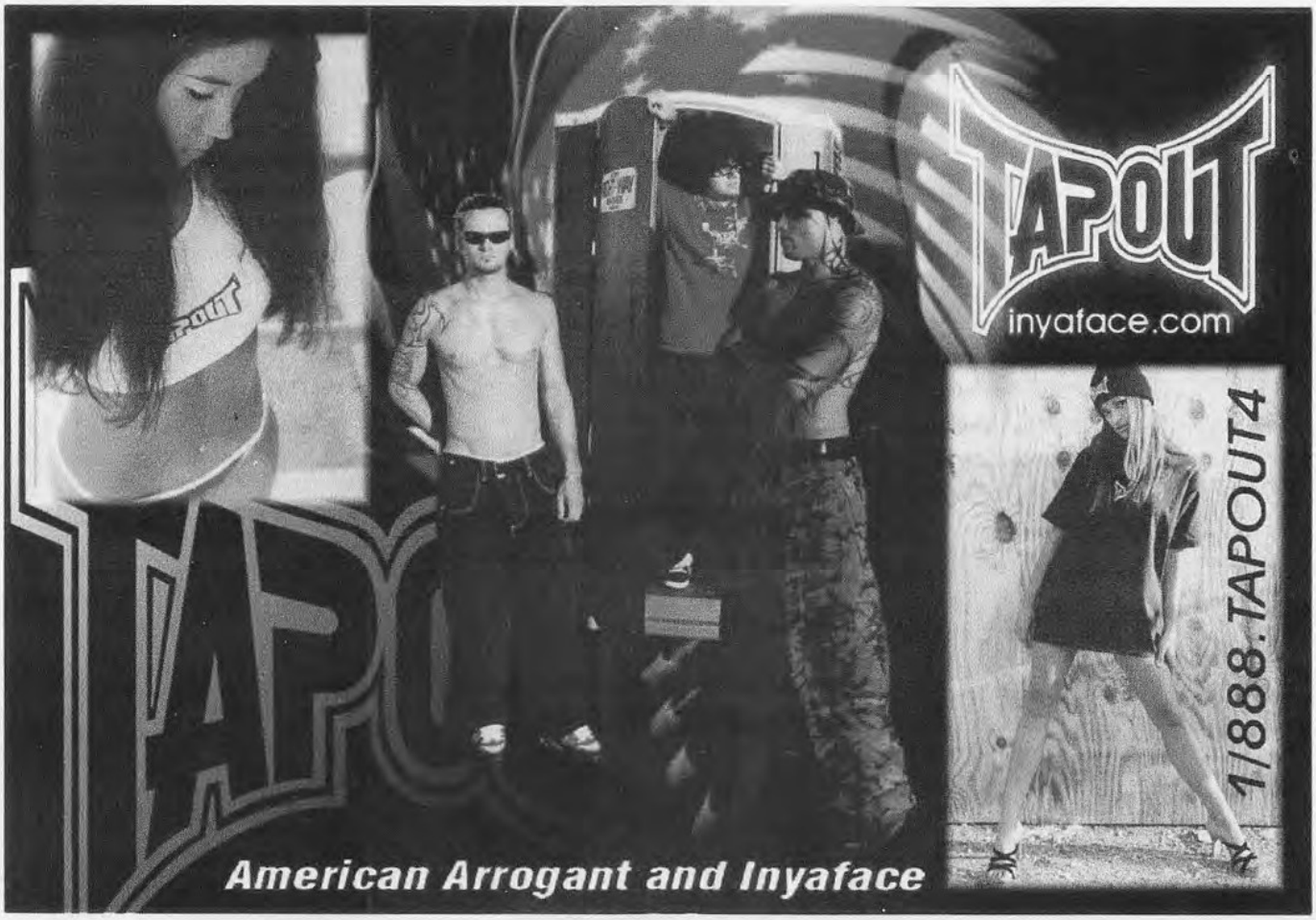
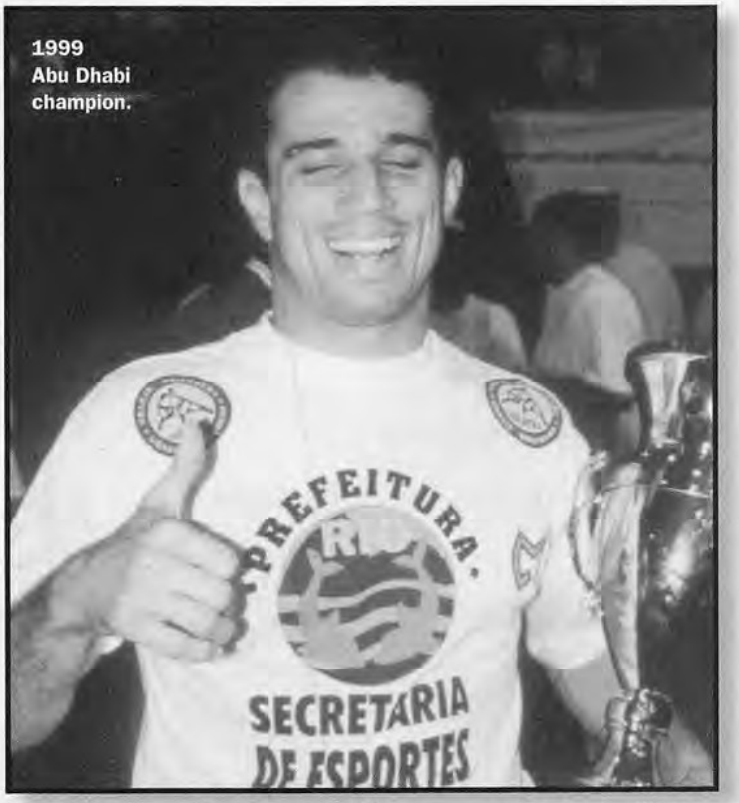


Gi Whiz

BY ROYLER GRACIE

Growing up Gracie

GROWING UP IS A VERY SPECIAL stage in most people's lives. Being a child is one of those special things in life and, generally, all the experiences that you have in your childhood leave very strong impressions in your character. Because of the fact that I was born into my family, I had unlimited access to practice the sport of Brazilian jiu-jitsu and to learn from the best and practice with the best all my life. I remember very clearly, when I was a child, that I would go to the academy every day with the sole intention of playing soccer on the mat.



1999 Abu Dhabi champion.

When I was 3 or 4 years old, we would dress in our gi's and play soccer using a boxing glove as the ball. My brothers and I destroyed many boxing gloves kicking them around the mat this way. My brother Rolls would always kid with me, saying that I only went there to play soccer. But that was a fun thing to do — you'd go there to play and you'd learn along the way, without even knowing that you were being taught.

I believe that is the key to teaching young kids — make the class seem like it is actually a game and teach them without them knowing that they are being taught. Because when you realize you have already learned a lot of things, you are able to do things that sometimes even the grown-ups can't do. I remember, while growing up, that some of the adults in the school would tell each other that I was going to be good. But this confidence is something that has been passed down from generation to generation. It is really in our blood because of our family tradition.

I always say how lucky I am to have been born into my family and to have been able to breath this incredible sport of jiu-jitsu 24 hours-a-day, 7 days-a-week. Having access to all that knowledge at an early age is, of course, a big bonus - but that is not to say that no one else has a chance to be good or to become a champion, not at all. Of course it was a lot easier in the case of our family but others can have the same pleasure and similar results.

The problem for people who are not born into an academy, is that sometimes the parent is either not a sports person, or has practiced the sport but did not have the success that he or she expected. They either don't know what they need to do to help their child progress or even worse, they want to make the child be the great fighter and great champion that they weren't. Because of this they will often push the child too much, and put too much pressure on them. That is something that I never had in my family — I was never pressured by them into having results. My father was a disciplinarian but very fair. He would always encourage me to learn along with my brothers but never force me.

Whenever I entered a competition, my father would always try to take the pressure away from me. He would say to me that he would give me $5.00 if I won and $10.00 if I lost. You say, "Wow! Crazy!" But if you think about it, you know that no one enters a competition to lose. Everyone, of course, wants to win — in my case very much so. Knowing that, he would actually make it more profitable to lose than to win, just to make it easier on me if I lost. Of course he knew that I couldn't care less if I got the $10.00. He knew that all I really wanted was the medal. But it was a fun and interesting way to teach me an important lesson about what matters and what doesn't.

So my advice to instructors and parents is to let your kids have fun. Sports are supposed to fun and can be great character builders for kids if that are taught the right way.

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Great Escapes

BY FRANCISCO BUENO

Beating the Mount

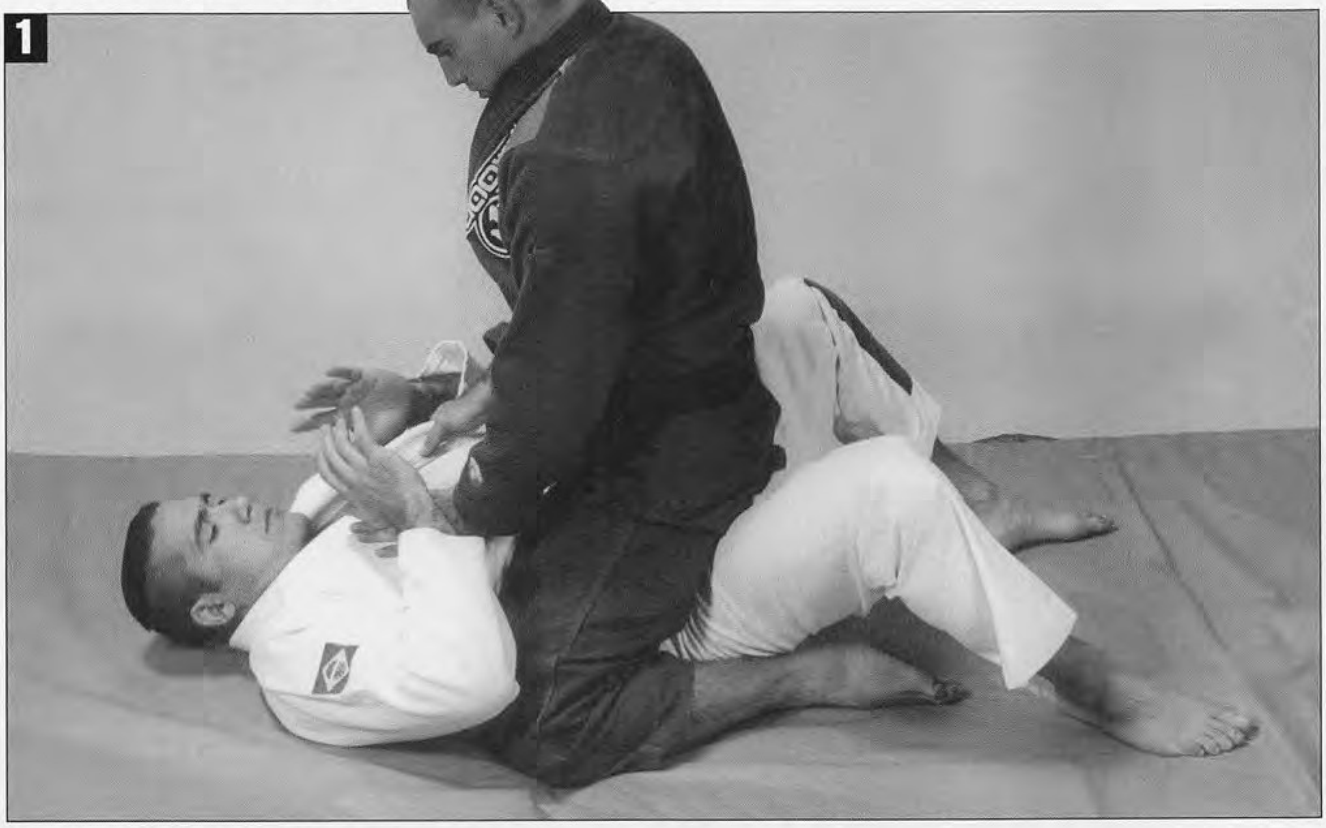
As a Brazilian jiu-jitsu and judo national champion I have seen may different types of training that competitors do when preparing for events. Of course, everyone wants to win by a submission or by out-scoring their opponent and so most of the training involves practicing a variety of chokes, locks, throws, and other offensive maneuvers. While it is definitely a necessity to know how to finish your opponent, there are many other aspects to the fighting game that cannot be overlooked, but yet often are. One of the most underrated and least practiced fighting skills that I know of is the ability to escape from a dangerous position.

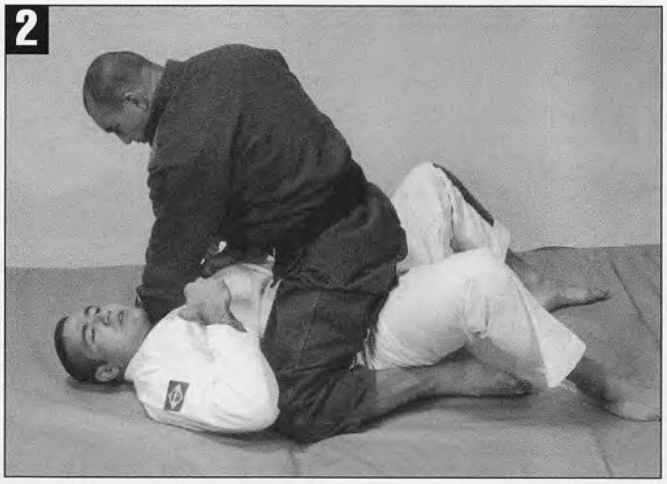
Even though most of us would like to think that we will never be in any danger from a submission, the truth of the matter is that if you do don't practice escapes, you had better practice tapping – because you'll spend the majority of your fighting career hitting the mat like it was a snare drum. I don't care if you are a white belt, a purple belt, or a black belt – I promise you that you will, at some point, get caught in a dangerous position and have to get out or tap out.

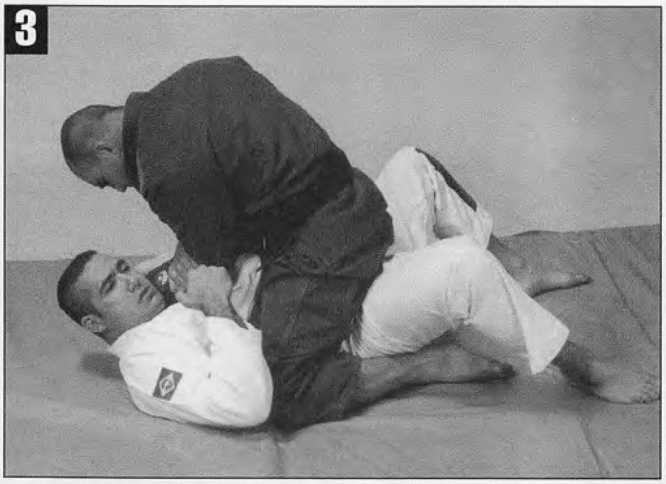
The most important escapes to practice are not the ones that counter the fancy and complicated attacks – those moves are rarely used in a fight and are rarely successful. The most important escapes to practice are against the moves that you will see the most often. The attacks, defenses, and escapes that are usually the most successful are the most basic ones. And the most basic offensive position that any mixed martial artist might come up against is the mount.

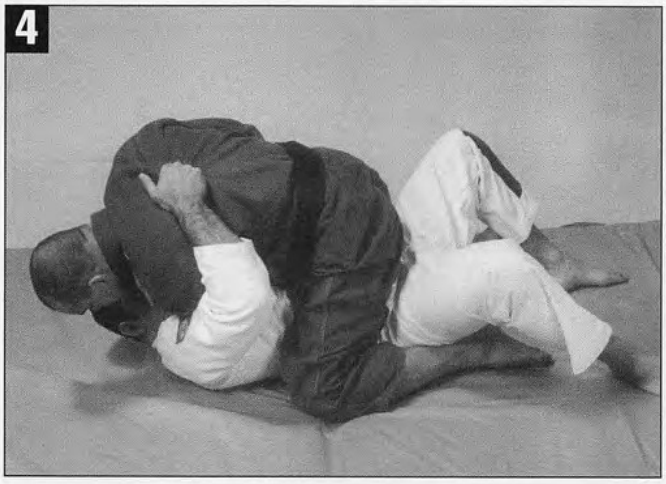
The key to beating the mount is to a) relax and not struggle wildly – this will only tire you out and help your opponent, b) focus your movements into directed bursts of energy, c) be patient and don't expose your back, and d) don't react to your opponent's attacks, make him react to your escape attempts – this means constantly feinting by shifting your hips, bridging, putting your hands on his lapel, et cetera.

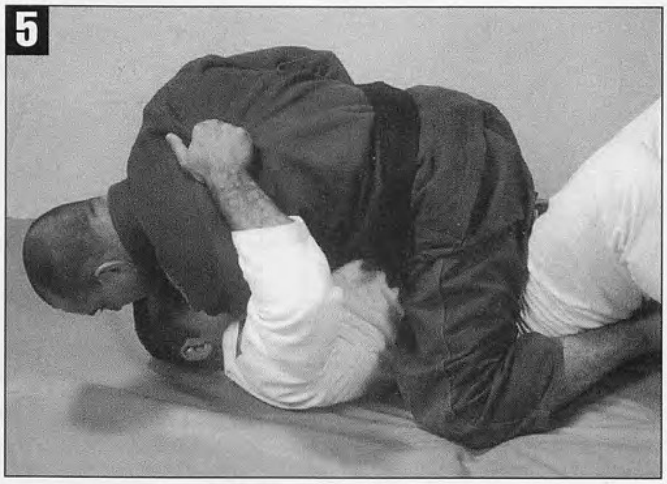
You can escape from the mount. The overall strategy is to get him into a position where he is too busy worrying about what you're doing, to give him time to think about what he is doing. Then once he is distracted, make your move. See you on the mat!

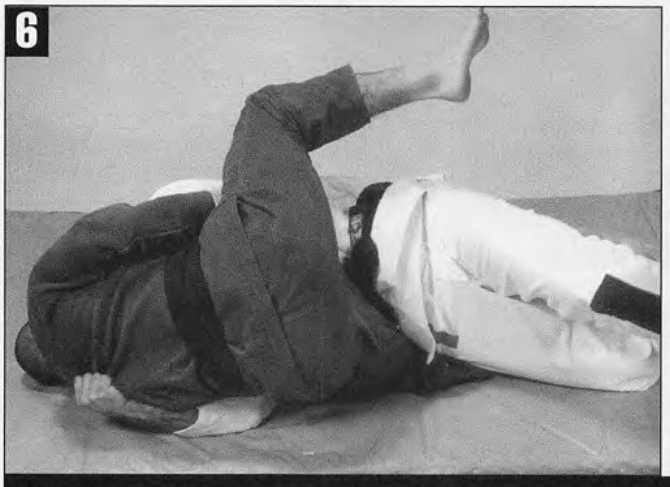


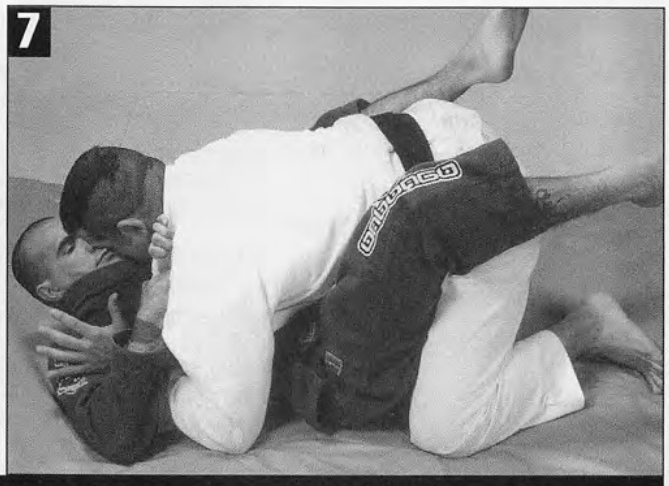












Caught in the bottom position, with his opponent mounted, Francisco Bueno stays relaxed and calm (1). Giving his opponent an obvious opening, Bueno allows him to insert the first hand for the choke (2). When the grip is locked, Bueno traps the choke-arm with an over-grip and secures the dead-hand elbows by grapping the gi (3). Releasing his outside grip, Bueno grabs the back of the gi (4), pulls his opponent towards his head (5), and then rolls over onto his leg (6), and takes the top position (7), successfully completing the reversal.

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Mat Time

BY KID PELIGRO

The Birth of a Classic

THE GRAPPLING WORLD IS ABUZZ with ADCC 2001 just around the corner. The annual event has, in its short three years of existence, become the *de facto* World Submission Grappling Championships, with all of the top grapplers in the world competing for prestigious titles and large cash prizes. But one might ask how this great event begin? Being that I was fortunate enough to have been somewhat involved in the original organization of the tournament, I can shed a little light on this.

Abu Dhabi Combat Club

The ADCC Submission Wrestling Championship is the creation of Sheik Tahnoon Bin Zayed Al Nayan. Sheik Tahnoon started training BJJ in the early days of the sport, soon after witnessing Royce Gracie defeat several bigger opponents from different disciplines all in one night. Even in his early days of training BJJ with Nelson Monteiro in San Diego, Sheik Tahnoon was already interested in expanding his knowledge and repertoire of moves in order to become a complete grappler - to this end he also studied Oleg Taktarov's Sambo tapes to learn leg submissions. The sheik has always been open-minded about all areas of grappling. Despite being a BJJ black belt himself, he had practitioners of different arts come to Abu Dhabi and share their knowledge with him. One in particular was Matt Hume, the head of AMC Pankration and a master of foot and knee locks. Matt expanded Sheik Tahnoon repertoire of submissions greatly by introducing him to a completely different set of locks involving leg and foot joints, which at the time where a big "no-no" in jiu-jitsu.

After being exposed to several different areas of grappling including BJJ, sambo, judo, wrestling, and pankration, the sheik started to think of a way to have a tournament that would pit different fighters from a variety of styles against each other. The idea was not so much to see which style was better, but rather to expand the vision of all practitioners to the weaknesses and strengths of their styles, and to create a new awareness of what grappling should be. His initial idea was to come up with a set of rules that would equally reward the strengths of different styles with points, while keeping the main objective of a match to achieve a submission. Once they had a system of judging that was considered fair to all systems, ADCC then set out to invite the best grapplers in the world to compete in their tournament.

The idea was now to obtain the best grapplers in the world by offering monetary prizes never before seen for a grappling-only competition. On paper, it seemed simple enough - send out the invitations and people would come flocking. Well, that didn't turn out to be as easy as anticipated and in the first year of the event, 1998, the organizers had to overcome great hurdles to convince fighters that, number one, this event was really going to happen and there were going to be cash prizes; number two, that it was safe to come to the Middle East soon after the end of the Gulf War; and number three, that the competition wasn't going to be too tough and that they actually had a chance to win. Many of the fighters dropped out after initially accepting invitations, as soon as they heard that so-and-so was going to be in their division. In subsequent years the ADCC committee overcame that hurdle by simply keeping the list of invites a closely-guarded secret, only to be released as the fighters boarded the plane to Abu Dhabi.

Somehow the organizers managed to overcome those problems and were able to get a large number of highly skilled and famous fighters to compete in the event. In its first year, the tournament was a big success with Alexandre "Soca" Carneiro, Renzo Gracie, Rodrigo Gracie, Ze Mario Sperry, and Ricco Rodriguez winning the five weight divisions and Sperry doubling up in the absolute. Since the initial success, the ADCC tournament has continued to make history, The event is going to its fourth edition and has a worldwide reputation as being the absolute best and most prestigious grappling competition anywhere. The ADCC event has become such a powerful force that nowadays

Continued on page 96

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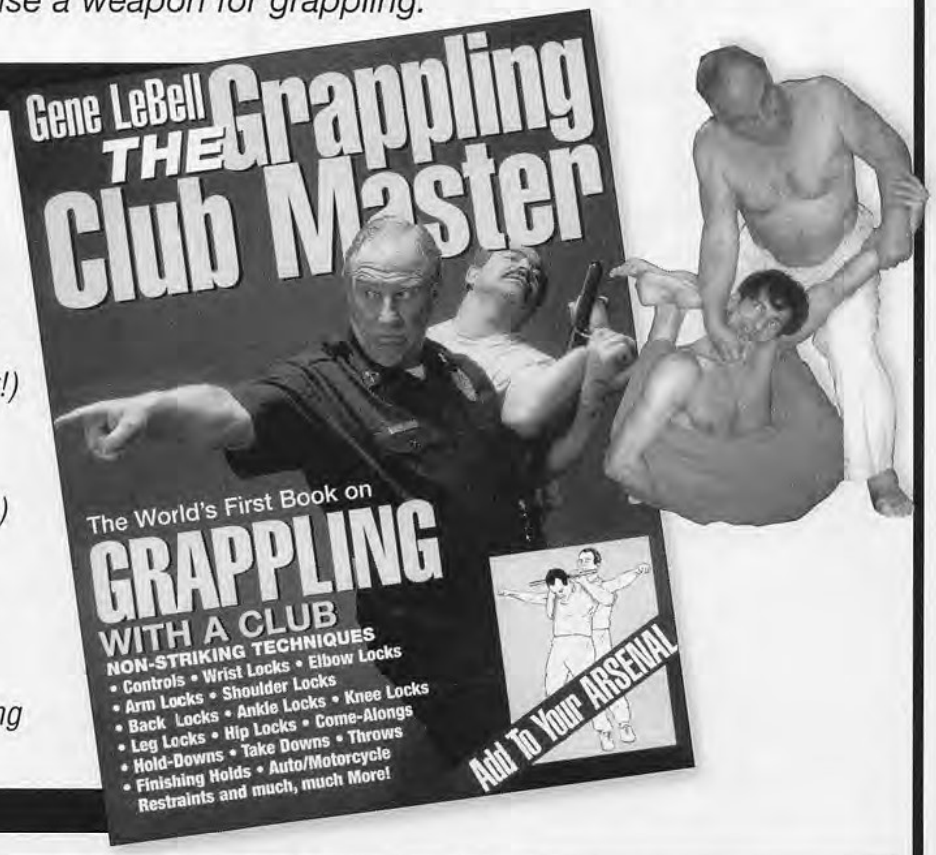
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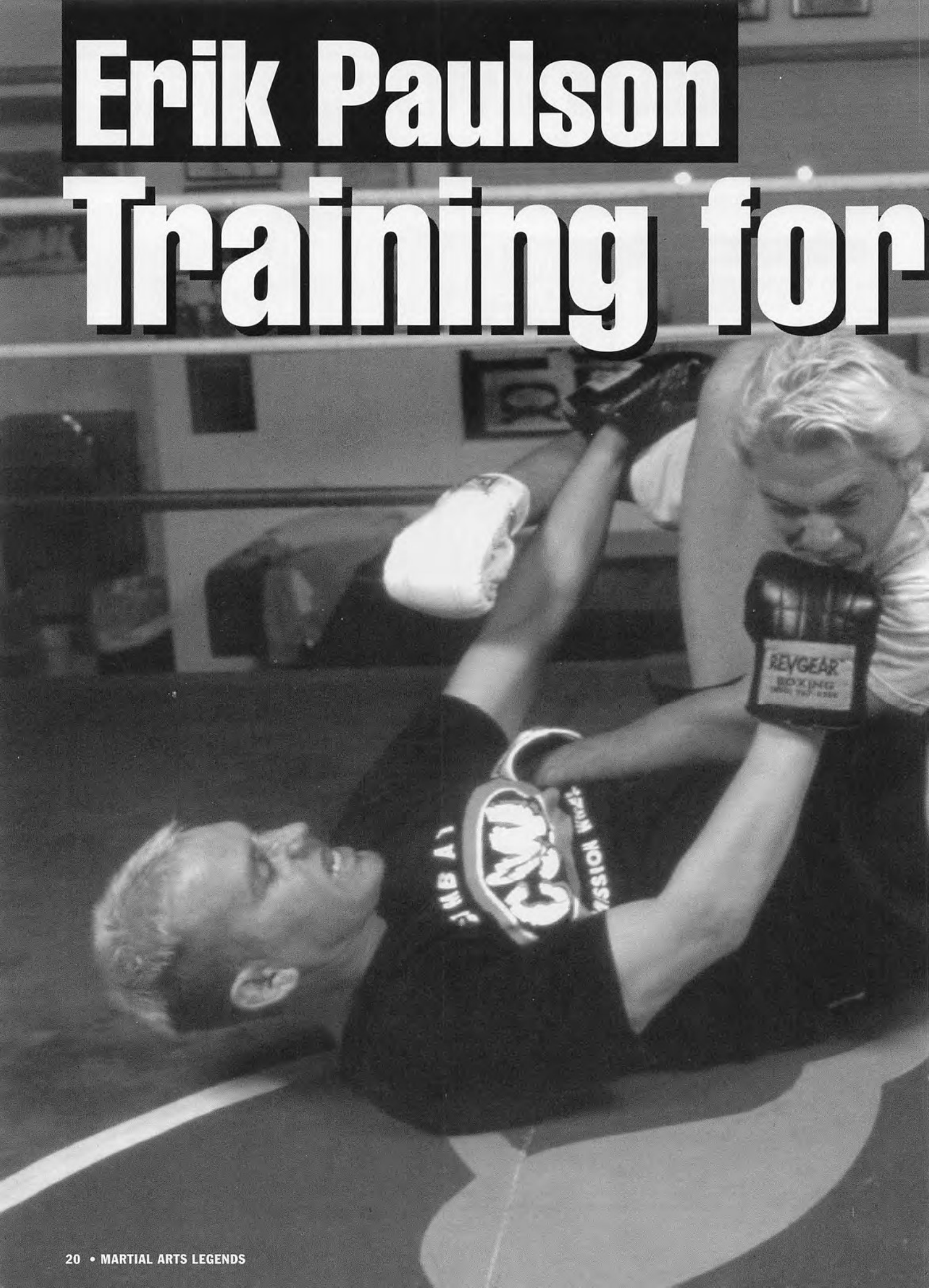


Story and photos by Todd Hester

a Fight

Erik Paulson is one of the most versatile and well-rounded teachers and fighters in martial arts today. He is not just someone who tells people how to train and fight, he speaks from experience and has taught, trained and fought all over the world.

"Thorough," "complete," and "detailed" are all words that could be used to describe Erik Paulson's fight training methods. The Shooto World Light Heavyweight Champion for the past five years, Paulson has fought against and beaten some of the world's top fighters. A Minnesota native who began training in judo and then moved into taekwondo, Paulson developed a wide repertoire of high kicks that served him well in the numerous traditional Midwest tournaments he competed in. Moving to Los Angeles in the mid '80s, Paulson began training in the Inosanto Academy where he was exposed to a variety of grappling arts under Larry Hartsell and Yuri Nakamura and immediately fell in love with the art of ground fighting. This eventually led him to Japan's Shooto fighting organization, where Paulson became the first Westerner to ever win a world title – a belt he stills holds over five years later. Continuing to expand his knowledge base during this time, Paulson also learned Brazilian jiu-jitsu under both the Gracies and the Machados, eventually

Contributing Factors Affecting Performance

becoming a Pan American Brazilian Jiu-Jitsu Champion. This well-rounded background has given Paulson wealth of training experience and knowledge from which to draw from.

Train Specifically

Paulson's philosophy for training for a fight involves a simple creed of hard work and dedication coupled with an extensive array of drills with and without partners in order to build up his overall expertise. Most of all, Paulson believes that if you don't go into a fight prepared, you shouldn't go into it at all.

"I start my training for a fight far in advance," Paulson says. "I like to have at least two months to properly prepare. But on last minute notification of fights you've always got to be ready, so you should never let yourself get too far out of shape. Stay healthy and stay strong and don't let your level drop. But you can't keep a peak at all times. You can oversharpen your blade if you're not careful.'

Being as versatile as Paulson is, with many different types of events and opponents, he feels it is important to tailor your training to your challenge. "Each fighter that you fight has a different background therefore you have to hone and tailor your training to their specialties. So you have to watch tapes of them and study the way they move and win, and also study the way they lose. For example, if I was going into a submission tournament I would practice my takedown skills and my general ground submission skills and then also my specialty moves. My specialty is the top game, so I try to stay off my back unless I absolutely have to or am forced there. I train the guard for three things: armlocks, sweeps, or chokes. If I have no luck then I'm back on my knees. I work a strong base, core conditioning, and my balance through different exercises and drills.

Every fighter has moves that they have come to rely on and that work for them. For example, Carlos Newton uses a lot arm locks; Jean Jacques Machado will generally choke people out from the rear sprawl; Royce Gracie will fight from the guard - so you have to know your game and then develop your game. Don't try to change your game at the last minute because you've had a epiphany - go with what got you there. Fighting is a game of percentages. All your training and moves should be based on development of high percentage finishes. By this I mean a move that you have used a lot in the past, that has finished people 80 percent of the time."

Training Time

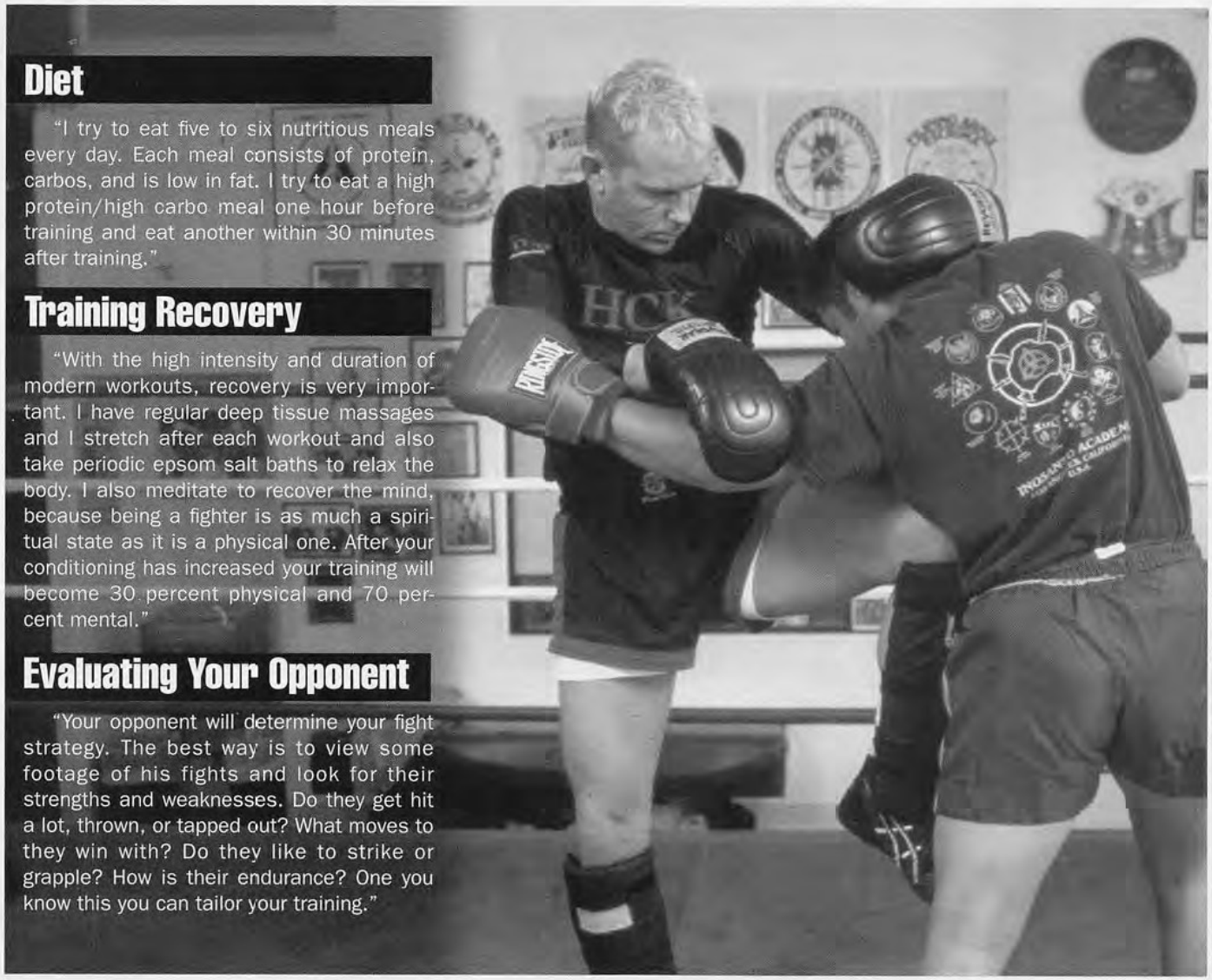
For Paulson, the quality of time he trains is just as important as the quantity of training time. Consistency over a period of time is what Paulson considers to be the most important aspect of preparation. But with that taken into consideration, Paulson does believe in hard work, and his hours spent in the gym would qualify him as a "dojo rat" by any normal standard. "I would say that you need to train at least four hours a day, taking one or two days off per week, depending on how you're feeling. You have to listen to your body. It will tell you if you need rest or if you're getting mentally stale. This includes an hour-and-a-half in the morning of striking, then an hour of either running or lifting in the afternoon, then grappling and clinch work at night."

Training Fitness

While Paulson does get a lot of his aerobic fitness from his fighting drills, he also does traditional conditioning exercises to ensure that he doesn't "run out of gas" in the final minutes of a fight. "I like to run. It keeps my head clear and lets me know where I'm at and visualize my fight. I always wear a headset for motivation. There are two types of running: one is sprinting and I'll usually do a 50 yard dash, then a 50 yard slow jog and alternate that for anywhere from six to ten

Questions for the Promoter

"Many fighters overlook this part of a match, but you have to free up your business concerns in order to focus on the fight ahead. These questions should be cleared up before you sign the contract – and never fight without a contract. How much time do you have to prepare? How much money will you receive for your a) appearance, b) winning, c) drawing. Will your trainer be allowed to come? Will you have a per diem? If you're taking a fight on short notice either ask for a monetary premium or for a two-fight deal so you can redeem yourself if you lose due to the short preparation time."



Diet

"I try to eat five to six nutritious meals every day. Each meal consists of protein, carbos, and is low in fat. I try to eat a high protein/high carbo meal one hour before training and eat another within 30 minutes after training."

Training Recovery

"With the high intensity and duration of modern workouts, recovery is very important. I have regular deep tissue massages and I stretch after each workout and also take periodic epsom salt baths to relax the body. I also meditate to recover the mind, because being a fighter is as much a spiritual state as it is a physical one. After your conditioning has increased your training will become 30 percent physical and 70 percent mental."

Evaluating Your Opponent

"Your opponent will determine your fight strategy. The best way is to view some footage of his fights and look for their strengths and weaknesses. Do they get hit a lot, thrown, or tapped out? What moves to they win with? Do they like to strike or grapple? How is their endurance? One you know this you can tailor your training."

laps around the track. The other way is just jogging or distance running. Usually I'll jog 45 minutes at a moderate pace. You can't sprint everyday because your body gets torn up. It conditions your heart but it tears up your lungs and tweaks your hips and thighs. Jogging is more to develop my mental motivation and also my overall endurance. Distance running also helps me in my footwork and helps me to be faster and lighter on my feet."

Ready to Rumble

Paulson feels that if you have to ask someone if you're ready to fight, then you're not. The mental discipline that it took to drive you to top condition will give you the mental attitude to *win*. "When you're ready to fight – you know it," Paulson insists. "You're pissy, ancy, you can't sleep at night, and you have too much energy. Your endurance is so high that you're going through everybody in submission training and making them tired - iron man training - one after another, after another. Mentally you feel strong, complete, balanced, confident, and a little nervous."

Despite the hardest training, though, Paulson acknowleges that sometimes, despite your best efforts, you just don't have it in the ring. "We're all human," he says. "When that happens, you just have to rededicate yourself to training and get them the next time. You can always tell when you go into the ring and you're off your game. Your focus is just not there – you seeing the audience, you're seeing the corner men, and you're seeing people outside the ring talking. You're worried about everything other than the fight. That happened to me when I stepped into the ring against Carlos Newton. I wasn't focused, I was distracted, and despite my best efforts to ignore some destructive outside influences I just couldn't get my mind into the fight. I was just unfocused. And it showed in the result. So you've got to be into a fight in your mind as well as in your body."

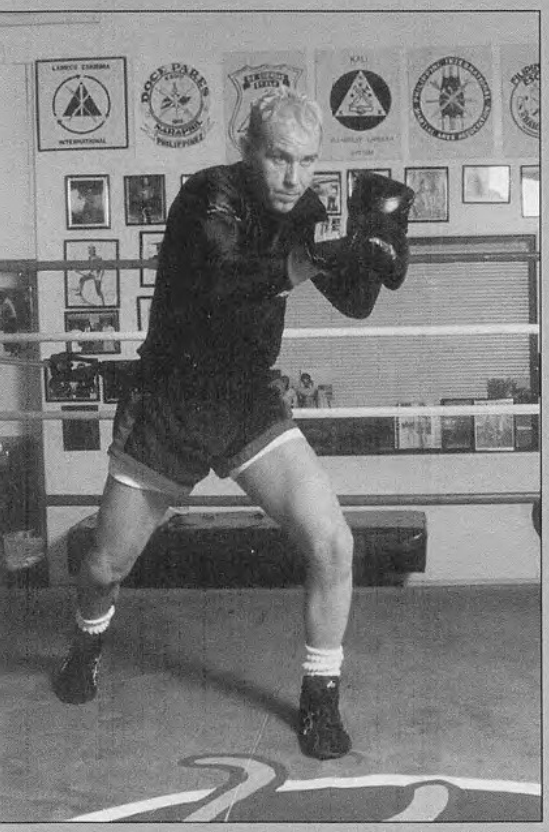
Part of the mental training, Paulson says, is keeping away from destructive influences and petty distractions. While you don't need to completely isolate yourself, he explains, you do need to set yourself apart enough to insure that you can keep your mind on the business at hand. "For the month before the fight, all I do is train, relax and then spend most of my time at home. It is all about relaxation and mental focus. When you're training you're focusing on what you have to do; but when you're at home you're keeping your mind clear and not getting distracted."

Erik Paulson's Top Training Drills

The drills that Erik Paulson does are designed to give a complete workout in all areas of martial arts – this is essential in mixed martial arts competitions. "You can't neglect anything," Paulson says, "So all of my training routines work specific areas that integrate together to help totally prepare for a match."

Shadow Boxing

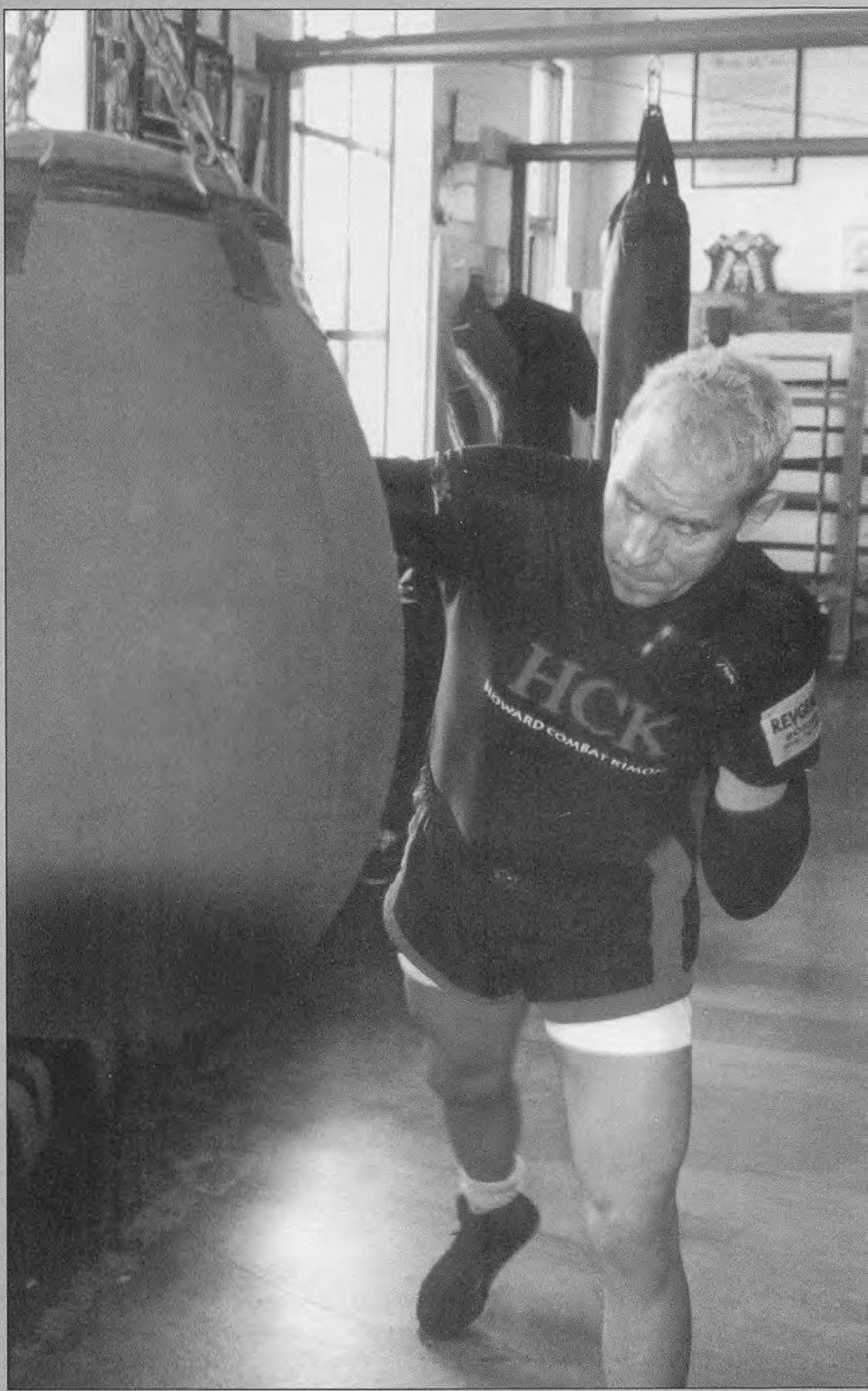
Warm-up with this for 15 minutes at the beginning of training. For the first five



minutes go really light and just move. For the second five minutes three-quarter power - punching, kicking, kneeing, level dropping, and sprawling. Then for the last five minutes go full power, at full speed, with kicking and striking combinations.

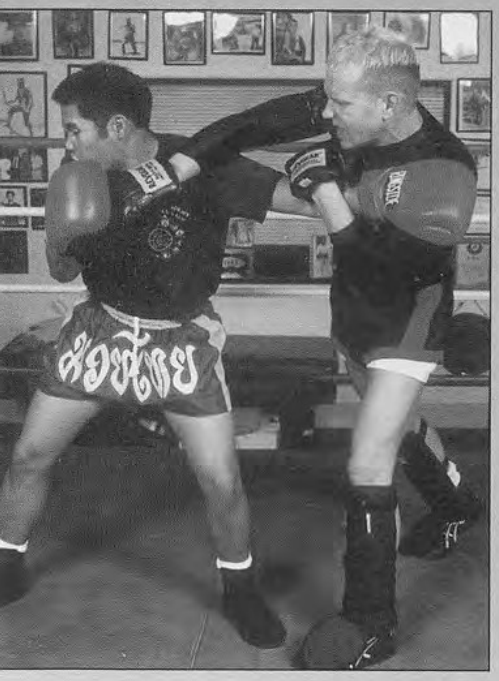
Heavy Bag

Don't throw more than five punches from any one place, and throw them in one to three punch combinations. These combinations include stepping off the centerline, clinching, elbowing, head butting, circling the bag, and then going in and out of range with footwork.



Glove Drills With Partners

Use realistic sparring scenarios. Have a partner that knows what they're doing



and can attack in broken rhythm. You want to be defending and countering all possible attacks in the glove drills, and then use all your possible initial attacking combinations.

Focus mitts

Use these drill to "sharpen the tools." Do numerous vale tudo drills - punching,

kicking, kneeing, head control, and hockey punching (one-handed), concentrating on speed, reaction, and retraction.

Thai Pads

Use this strictly for power and conditioning and focus on punching, elbowing, kicking, and kneeing. Go as hard and as powerful as you can.

Kick Shield

This training device is used specifically for punching-to-kicking maneuvers, as well as for chopping leg kicks. These are preferred over the Thai pads for leg kicks

because they allow hard chopping and kicking.

Belly Belt with Thai Pads and Shin Guards

Use the belly belt for multiple counters and attacks, and combinations and setups. This drill allows you to practice counters to both punches and kicks, return strikes, and counter grappling tackles.

Focus Mitt with Kicking Shield

These joint drills are essential for developing hand/foot and foot/hand combinations and those should be the focus of the drills.

Sparring

Sparring sessions should be against a variety of opponents with various skills and should include boxing, kickboxing, shootboxing, clinching and hitting, takedowns, takedowns to submissions, submissions, submissions with striking, and then mixing it all up.

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TAPE 2 Defeating the Guard

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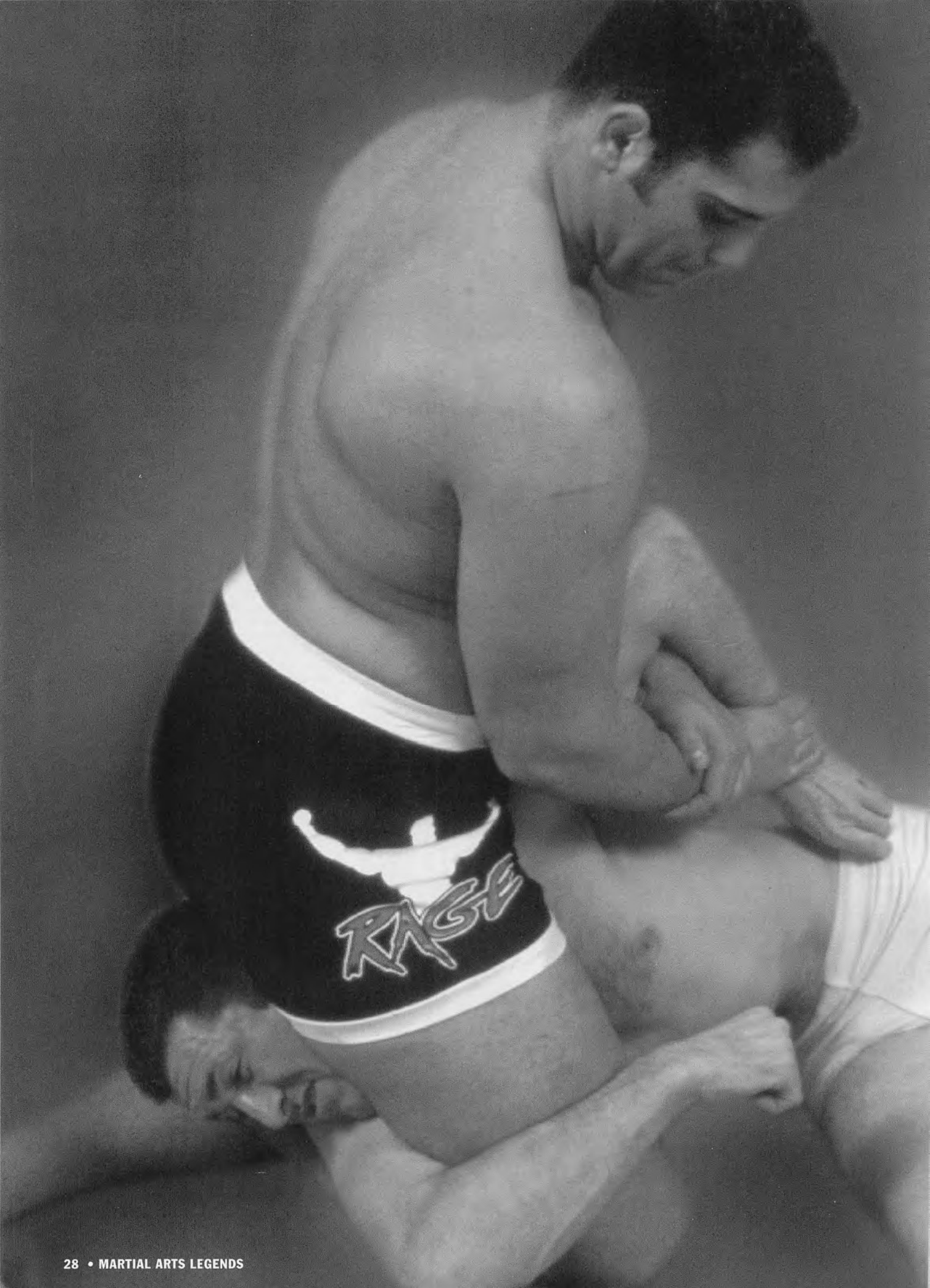
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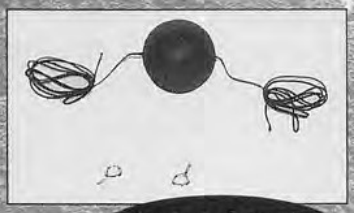

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ULTIMATE

Some opponents just don't want to give into the key lock, or they just have seemingly superhuman strength - or maybe they just had their Wheaties that morning. Whatever the case, continue sliding the hips out to the side the lock is on. Quickly execute a palm-to-palm grip and squeeze. Then bring the hand around the head to the bicep of the other hand and simulate a bicep curling action. This puts a little extra pressure on. Another good tip is to press your temple to his temple to prevent him from lifting his arm and fighting off the choke.

4 Sumi-Gaeshi

Man, this guy just won't give up. If he continues his Herculean effort and is really battling the effects of your choke, he will sometimes drive his weight into you and get that old Mark "The Hammer" Coleman ground-and-pound going. If you let that happen then you will soon be nothing but "ground" meat. So as soon as you feel his weight drive up, slip your foot under his inside thigh. Then you must slide your hips underneath his body, pull him over you, and then elevate his leg. This has to be done all at the same time. In other words, you will flip him like a pancake but you must first get underneath him to do so. This technique is known to many as the "elevator."

5 Slipping to the Back

I think this move is self-explanatory. Before attempting to go around his back, try the reversal. This will give him something to think about other and distract him from noticing you moving to his back. Think of this as the left-jab feint before you use the right cross.

6 The Leg Bar

If all these moves don't work then you'd better think about getting out of the fight business and opening up a Starbucks (if only you could). If your opponent has fought off all your submission attempts, then slip back into the full guard while holding him tight. By now he is really angry and has had just about enough of all your wriggling around. A common move at this point is for the opponent to get up

Here's a little secret, fellas - everybody knows how to defend the straight arm-bar from the bottom. But it doesn't mean that you can't do something else.

onto his toes and put pressure on you that feels like he's trying to crush the life out of you (just a good wrestling posture, actually). When he does this, reach under and around his knee. Spinning on your back (much like an '80s break dancer), bring your foot from the opposite side of his hip around to his butt. The knee that is on the inside slips between his legs. Wrap his leg up like you're hugging your favorite girlfriend in a time of need, and arch your hips. To really apply pressure, wrap your arm around his attacked leg and grab your hamstrings. This creates even more leverage and more pressure. Tap or die, sucka'!

Conclusion

Why only six moves, you might ask. Is that all that works? No, of course not. There are many more but these magazine guys won't give me any more space! Seriously, there are many variations of all these positions but they are all started by being proactive instead of being reactive. Learning to execute and move efficiently in the guard is an ongoing process of improvement. First of all, we are ingrained with the idea that being on top is the best. So with that idea built into our brains, it is sometimes difficult to get a real perspective on how truly devastating the guard can be. Find an experienced instructor and practice, practice, and then practice some more.

Edward Lee Vincent is a black belt jiu-jitsu instructor under Walt Bayless. He is currently teaching in and around the Pittsburgh, Pennsylvania area. For information on classes write the author at 2729 Lehigh St., Lower Burrell, PA 15068.

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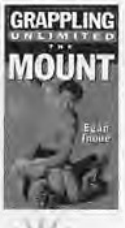

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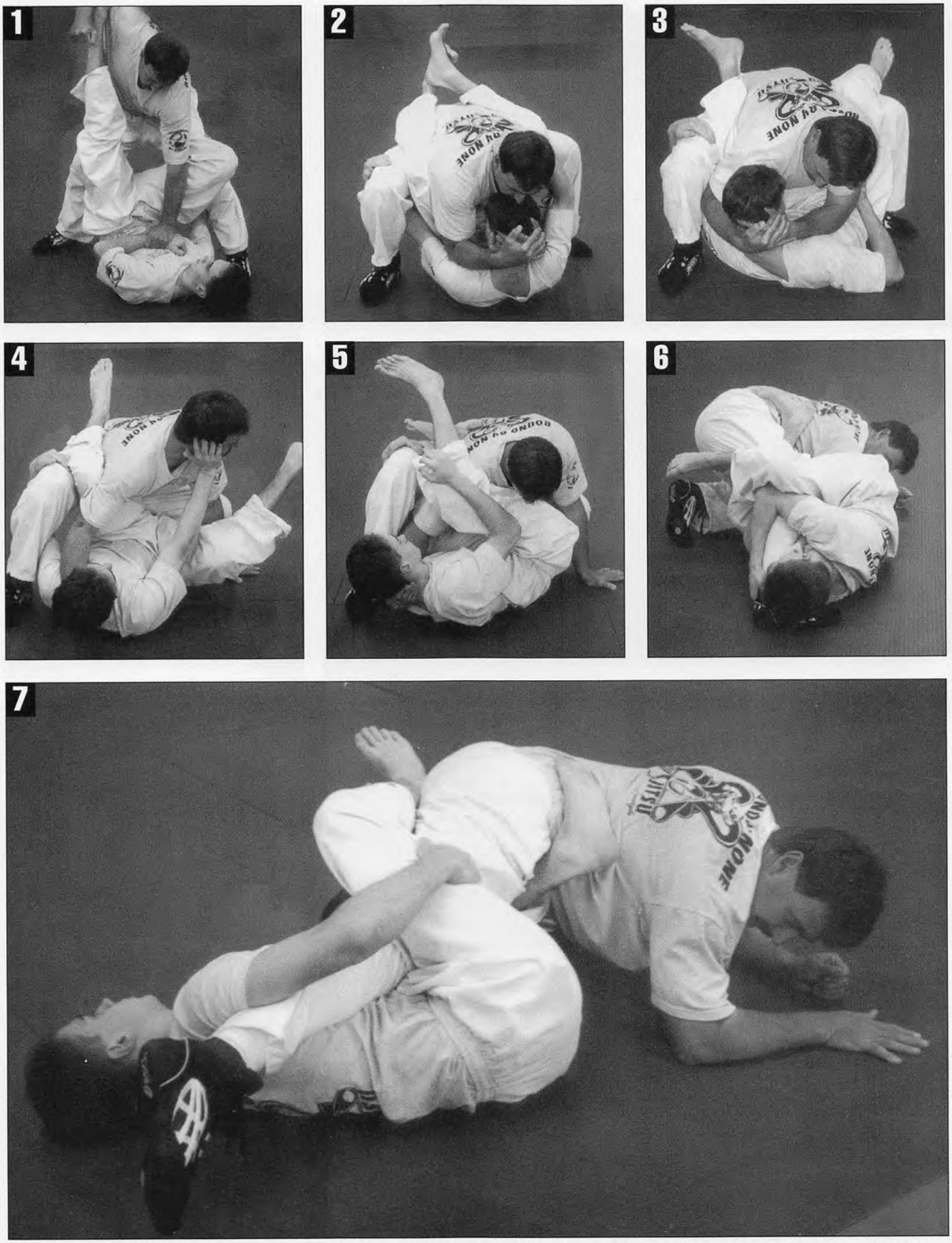
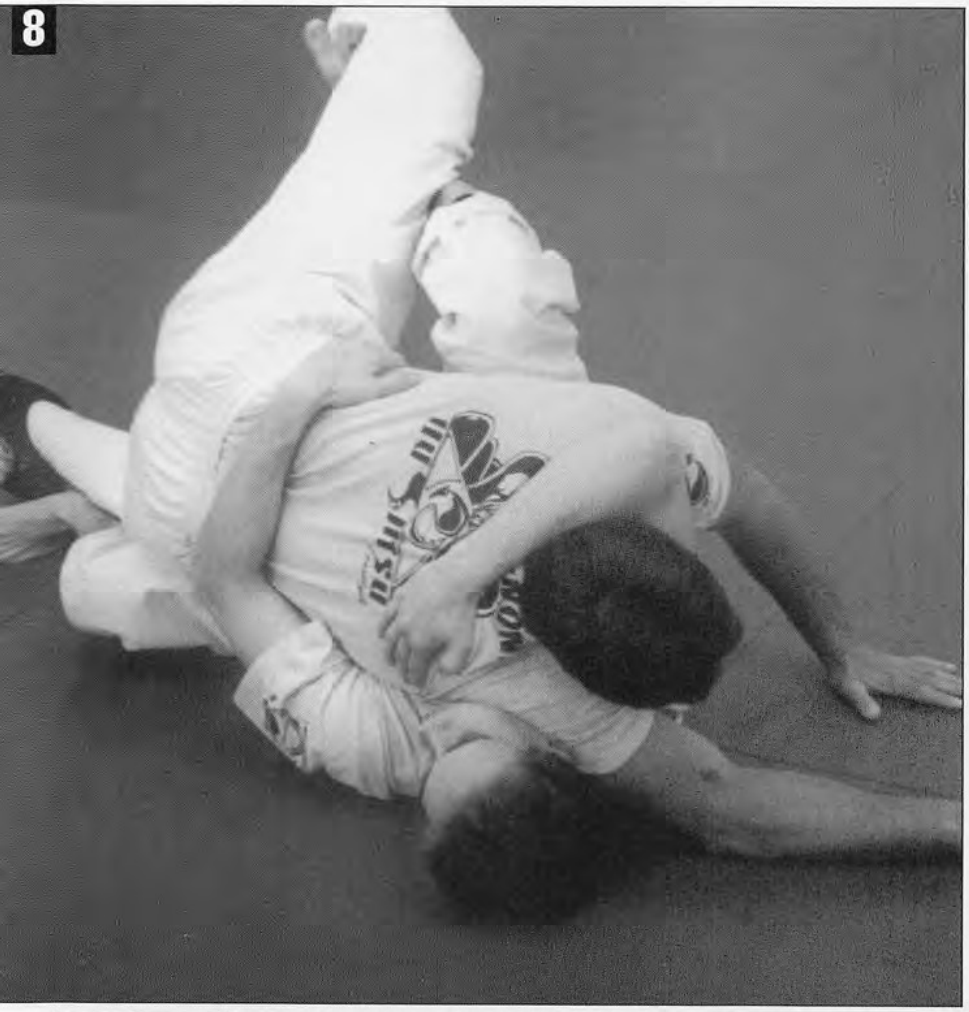


6 The Leg Bar Defending against an dominant attacker (1), the bottom man pulls him in tight with the legs (2), and then hooks the outside leg with his arm to defend the neck crank (3). Pushing the top man's head away to create space (4), the bottom man slides his leg over the head (5), then slides down the leg (6), and applies the straight knee-bar for the finish (7)



4 Sumi-Gaeshi When the opponent doesn't tap, the bottom man hooks his leg under the top man's knee and sweeps him over with an "elevator" (8).

take may never come, and you will end up getting a severe lesson in pain tolerance if you don't learn this quickly enough. I think that the most common submissions from the guard - the triangle choke and the straight arm-bar (also known as the *juji-gatame*) - are already in most fighter's arsenals. Therefore, I will present other attacks that can be used.

1 Ude-Garami

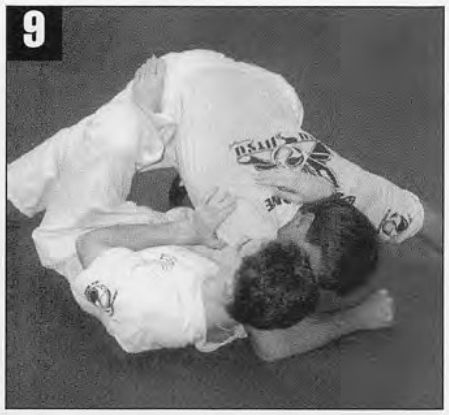
The ude-garami is the original name for what we Westerners call the key lock. It is a simple and easy attack to apply. Grabbing the opponent's wrist, you then loop the other hand over the opponent's triceps and grab your own wrist. It is important here to move the hips out to the side to leverage your strength and put more pressure on your opponent. If you want to get into the big debate of whether you should grab the wrist with the thumb or not, be my guest. If your opponent taps then you grabbed him is the right way. 'Nuff said!

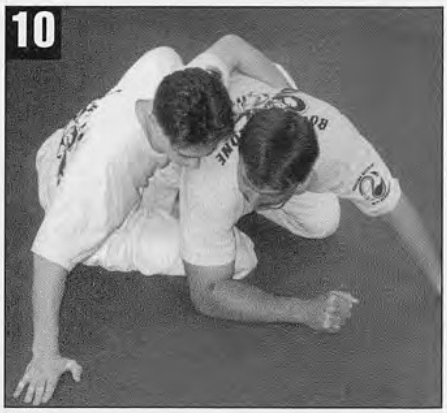
2 Ude-Garami Variation

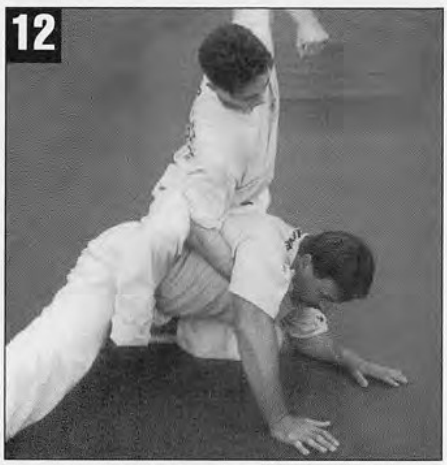
Progress to this move if the opponent powers out of the ude-garami. As he stretches his arm out to prevent you from locking him, bring his straightened arm out and around your own head. A key point here is to bring your head inside the opponent's arm - moving *to* him instead of making him move to you. Sometimes, the opponent will help you by gladly trying to wrap your head with a half-nelson. This is great because it is a sucker move. Just arch your back and push his wrist up to the ceiling for the tap. Again, the idea here is to keep moving your hips out to the side to add extra leverage and pressure to his shoulder.

3 Kata-Game

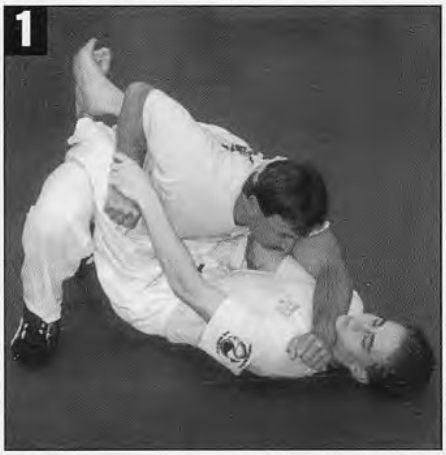
This is next technique in the logical progression of guard submission moves.

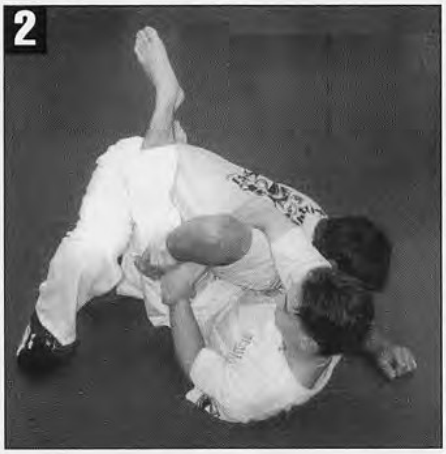




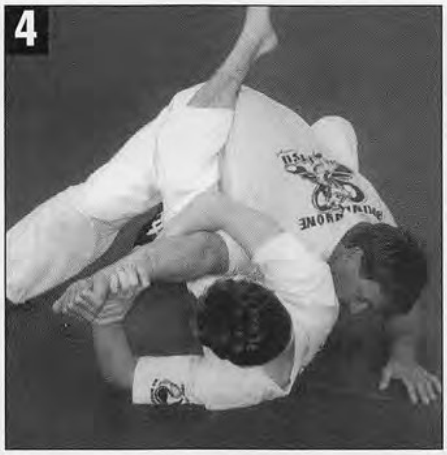


5 Slipping to the Back As the defender sprawls to avoid being overturned (9), the bottom man slides to the side and comes to a knee (10), goes to the back and puts in the "hooks" (11), and then finishes the fight from the dominant top position (12).

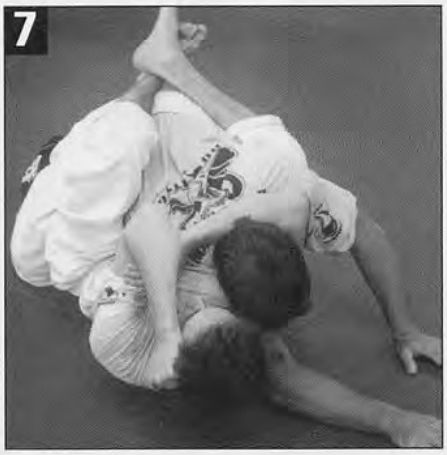




1 Ude-Garami **Fighting from the guard, the defender grabs the wrist (1), reaches over the top of the opponents elbow and grabs his own wrist (2), and then slides the hip out the applying the finishing force (3).**



3 Kata-Game **As the man on top straightens out the arm to defend the key lock (4), the bottom man traps the arm with his head (5).**



When the top man breaks the hold, the bottom man then clinches the arm and neck (6), and applies a powerful choke (7).

position and feel that they are safe there. But is it really the guard that is ineffective or are fighters just settling into a comfort zone? More often than not, they do not work the position actively, and look for the "silver bullet" submission - the chance to set up the perfect straight arm-bar and ignore other opportunities that come their way. Here's a little secret, fellas - everybody knows how to defend the straight arm-bar from the bottom. But it doesn't mean that you can't do something else.

Fighters Smarter

The fighters of today are much smarter than they were even five years ago. Everyone knows how important cross-training is in modern martial arts. Practitioners of any style should learn from this - if your art is limited in any aspect of fighting, then include training techniques that develop your area of weakness.

The Art of the Guard

Practicing the defensive guard and learning the offensive techniques that can be executed from the guard is an art unto itself. The following six attacks from the guard will hopefully present options to the lie-and-wait passiveness that has given the modern guard a bad reputation. My instructor, Walt Bayless, always instilled the idea to be proactive from any position, not reactive. Don't wait for the other guy to force you into something; make the first move and direct him to where you want him to be. No position fits this philosophy better than the guard. It is not simply enough to wait for an opponent to make a mistake. This mis-

Don't wait for the other guy to force you into something; make the first move and direct him to where you want him to be. No position fits this philosophy better than the guard.

6 Attacks That Really Work From The Guard

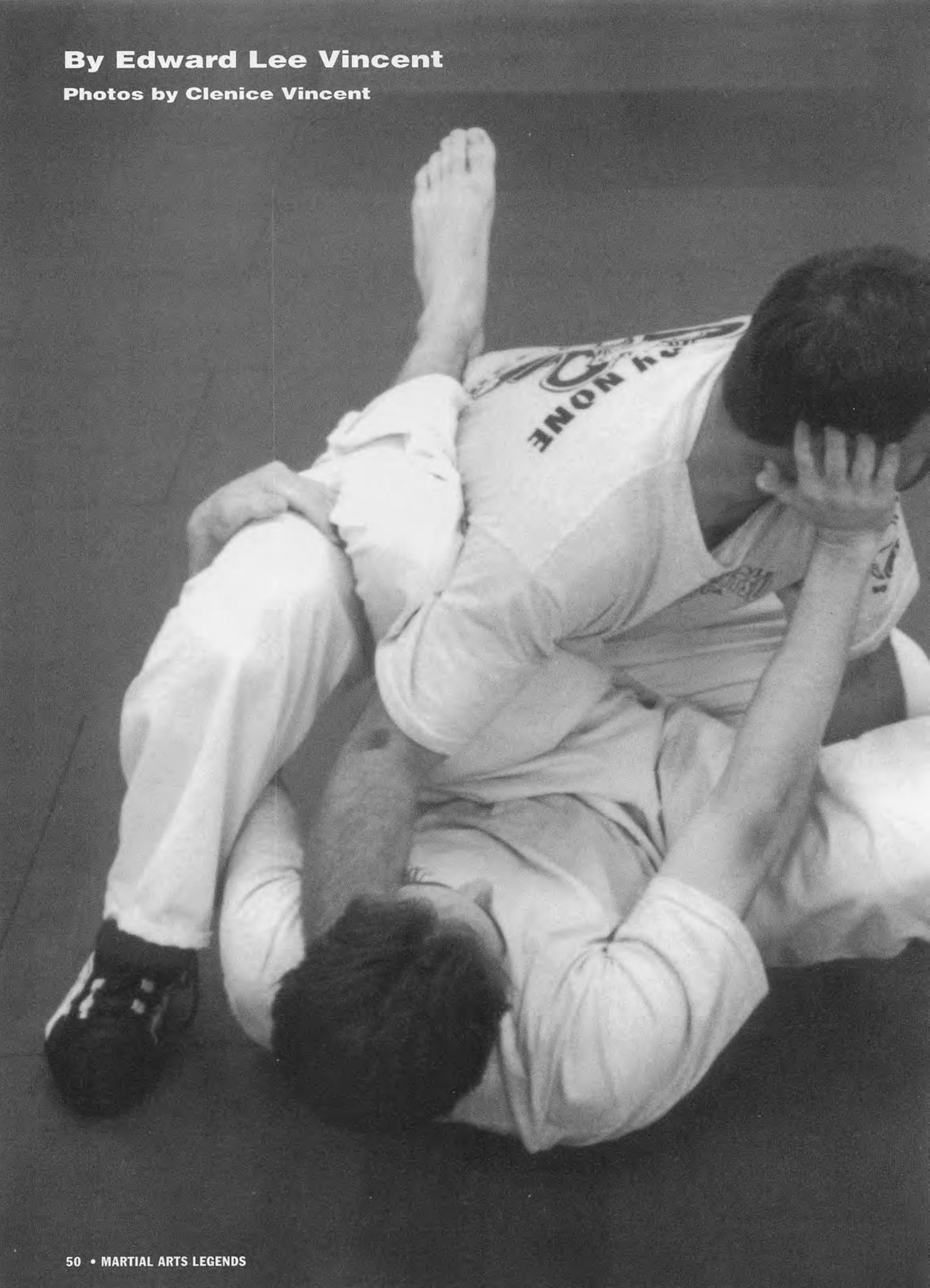
Let's be honest. Most grapplers who watch no-holds-barred fighting events have lost a sense of respect for the guard position. All we are used to seeing now are fighters who get taken down, wrap their legs around their opponent, and then take a good solid beating from the man on top who is in the supposedly "inferior" position. The days of the old UFC, where even a mediocre jiu-jitsu man could play with his kickboxing opponent from his back are long gone. If someone goes onto his back now the only thing there is to fear are the boos of the crowd, jeering a position that now just seems to lead to stalling, stalemates, and draws. The day of the effective attacking guard is over - or is it?

Guard Mystique Broken

There is no doubt that the mystique of the guard seems to have been broken. It is no longer a feared position and it seems that punchers and strikers who don't really know a lot about grappling seem to like this

By Edward Lee Vincent

Photos by Clenice Vincent



still pushing the action, got caught in a surprising guillotine front choke that he couldn't escape and tapped with only 26 seconds left in the round. A great win for Betiss, but if Serrano hadn't pushed the action he probably would have won on points. Serrano's go-for-it attitude is why people come to watch NHB.

Pete Williams vs. Roger Neff

Many felt that Williams, despite being on almost everyone's top 5 heavyweight list, would have a tough time winning this match. Facing him was the huge and muscular Roger Neff, a two-time Olympic alternate in Greco-Roman wrestling at both the Barcelona and Seoul games. The story line went that once Neff pounded Williams, Japan's Pride was his next stop. But when the bell rang it was Pete Williams doing the pounding and getting the prize for the night's quickest K.O. Charging across the ring, the risk paid off in the form of a perfect 1-2 punch that dropped the 258 lb. Neff where he stood, felling him like a redwood tree in the Sequoia Forrest. Williams, who came in absolutely shredded at 240 lbs., now feels he is ready for anyone. After that performance I would be the last to argue. Pete Williams by KO in 5.7 seconds of Round 1.

Vernon "Tiger" White vs. David Dodd - KOTC Light Heavyweight World Title

Taking a page out of Gilbert "The Hurricane" Yvel's book, Tiger opened Round 1 by going for the KO with a flying knee, narrowly missing but making a loud thud on Dodd's chest - this would prove a prophetic move later in the match. After several acrobatic scrambles, Dodd ended up with better position but Vernon's striking and conditioning was taking its toll on Dodd, who seemed the more winded of the two when the bell sounded to end Round 1. Round 2 started with Dodd getting the takedown but eating two hard knees in the process, as Tiger seemed determined to make the Lion's Den three-for-three with three KOs on the night. At 3:33 Round 2 his early holiday wish came true as he finally caught Dodd with one of his numerous flying knees and put him out like a Christmas light. Vernon "Tiger" White remains the KOTC Light Heavyweight World Champion.

Conclusion

You have to wonder just how far the King of the Cage will go. With every show a sell-out, having just signed a two-year exclusive contract with Soaring Eagle, and with more shows planned around the country, KOTC is taking much of the buzz away from the older and more globally famous UFC. KOTC

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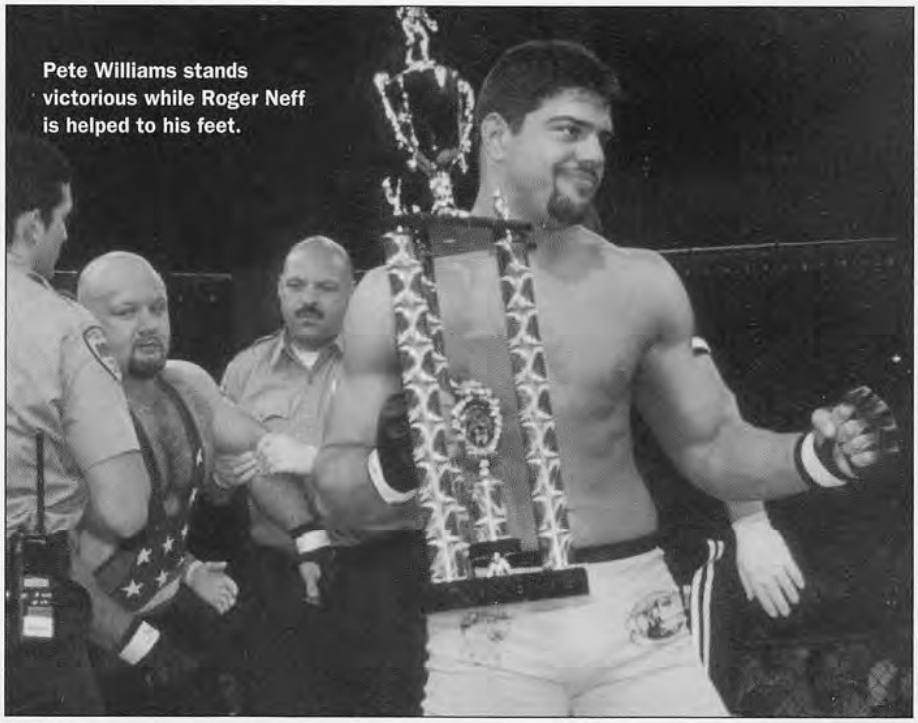


Pete Williams stands victorious while Roger Neff is helped to his feet.

Quinton "Rampage" Jackson controls Rob Smith.

Vernon "Tiger" White going for a kimura on David Dodd.

trolled the fight with his excellent wrestling skills. Landing numerous knee shots to Meaders' head, Stevenson got the unanimous decision and the belt.

Tony Galindo vs. Brian Hawkins

This fight had more fireworks than the 4th of July - even though it didn't much longer than your typical fireworks show. At the opening bell, in a move that is getting to be a trademark, Galindo rushed across the ring at Hawkins (who obviously had done his homework) just in time to eat a left hook that almost knocked him straight back to Soboba. Galindo, with a look of disbelief on his face, and the Lion's Den contingent going crazy, smartly scrambled up, clinched Hawkins and took him to the mat, eventually ending up mounted. After landing several hard, unanswered blows to Hawkins' head, Galindo had to be pulled off his disoriented opponent by the referee. While Hawkins did land some heavy shots early, Galindo was the stronger of the two and got the1:20 K.O. in Round 1.

Betiss "Super" Mansouri vs. Adrian Serrano

In a match everyone thought that cagey veteran Serrano would dominate, Mansouri pulled off the hard-fought surprise. He came out in Thai shorts and attempted several high kicks, and when Serrano tried to return he was double legged by Betiss. The fight then went to the ground and both fighters tried several submissions in the scramble. Near the end of Round 1, Betiss was working a heel hook but Serrano turned and defended well at the closing bell. Round 2 started with Serrano circling and aggressively attempting takedowns. While Betiss seemed to be thrown off by Serrano's hawkish wrestling, he defended well and fought Serrano off time and time again. Finally near the end of the period Serrano,

strikes. Knaggs wins a very close decision that could have gone either way and which many felt that Lee won. Don't be surprised to see these two in a rematch.

Chris Khon vs. Jerry Jenkins

This exciting and fast-paced match got the crowd on their feet and probably shook all the Soaring Eagle Casino's blackjack tables! Jenkins came out very aggressively and threw two high kicks early, before Khon closed the gap and put him into a guillotine. For just a moment is seemed that Jenkins was almost put to sleep, but then he managed to pop his head out, take Khon down, get the mount and then launch a barrage of strikes. Not technical enough to escape from beneath the mount, Khon eventually turned to face the mat, and Jenkins

"I wanted to make sure that everyone who saw King of the Cage for the first time went away with a good taste in their mouth."

choked him out for the win at 1:55 of Round 1.

Quinton "Rampage" Jackson vs. Rob Smith

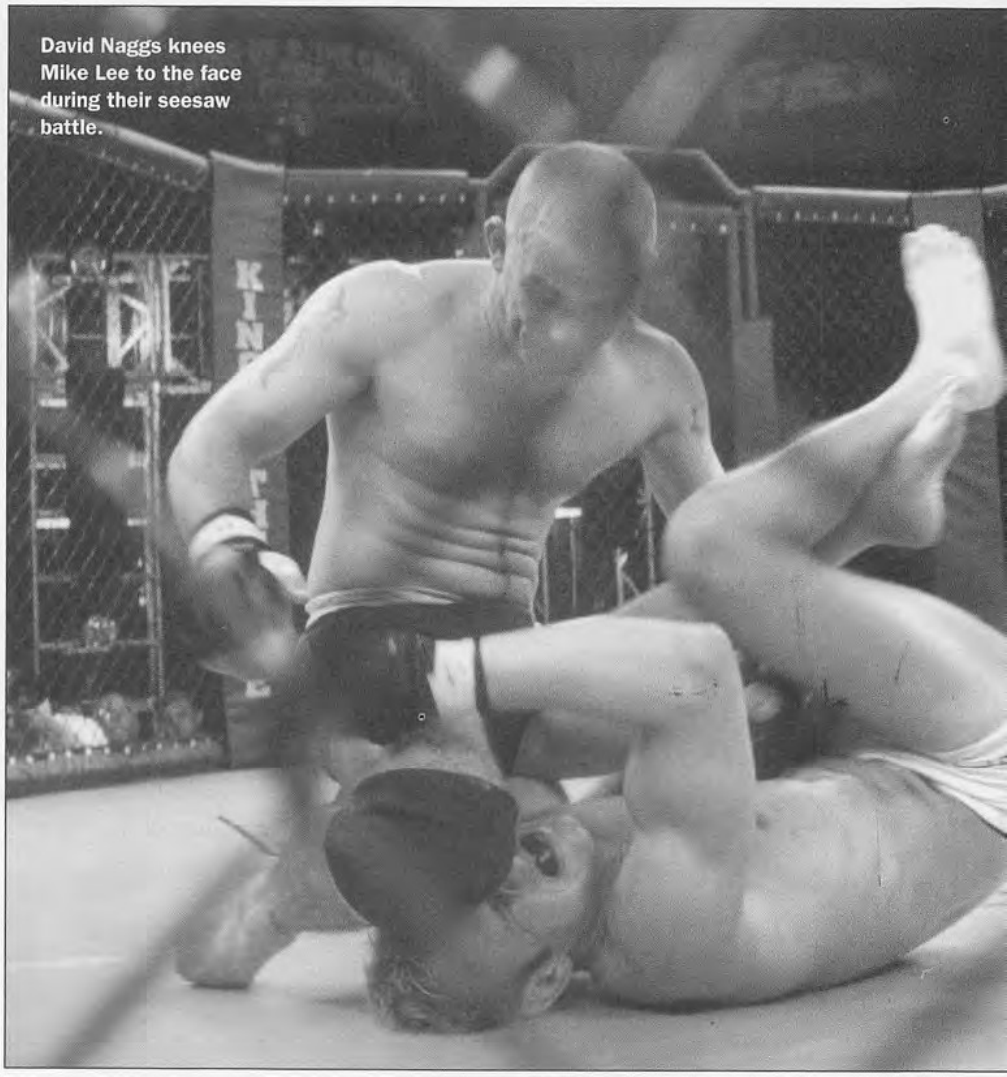
Can you say "highlight film," boys and girls? This fight had it all from good ground work to exciting standing action with both men throwing each other down on several occasions and getting the mount, only to lose it and go back to the feet. In probably the best fight of the night, Jackson got the decision in a match that could just have easily been ruled a draw or even a win for Smith. Pray for a rematch and then make sure to see it.

Kelly Dullanty vs. Duane "Bang" Ludwig

Dullanty took Ludwig to the mat for a ten-minute ground and pound lesson. Keeping his head (that a less technical fighter would have had handed to him on a silver platter), Luding worked submissions while Dullanty landed sporadic strikes from the guard. In yet another decision for brawn over brains, Dullanty got the nod.

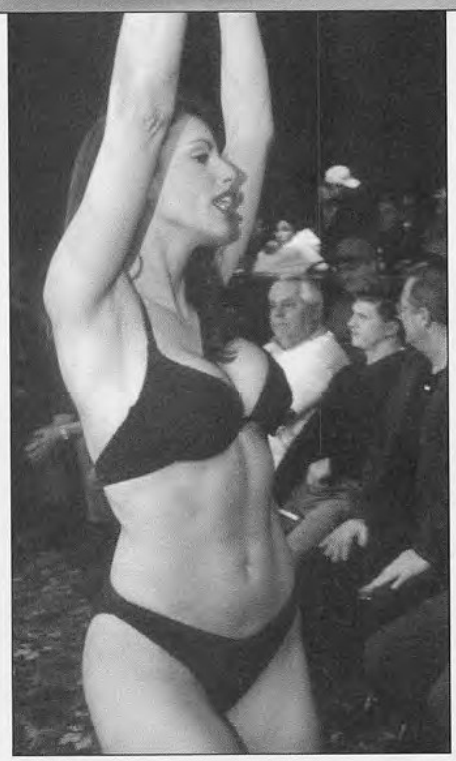
Joe "Wonderboy" Stevenson vs. Erik Meaders - KOTC Middleweight Title Fight

This was for Meaders KOTC title belt and was hotly contested. Both fighters punched and scrambled back and forth early, but by the end of Round 1 Stevenson had started to take control. Round 2 was all Stevenson, who con-



David Naggs knees Mike Lee to the face during their seesaw battle.

Joe Stephenson rains down punches on Eric Meaders.



dating Olympic wrestler Neff, and Pride regular Rodriguez, perhaps the fastest rising star in no-holds-barred today. Thrown into the mix in the feature bouts was the Eternal Gladiator, Adrian Serrano, Ken Shamrock protege Tony Galindo, "Wonderboy" Joe Stevenson, and the dangerous Quinton "Rampage" Jackson (you don't get a nickname like "Rampage" because you like to bake cakes).

"I wanted to make sure that everyone who saw King of the Cage for the first time," said Trebilcock, "went away with a good taste in their mouth. You only get one chance to make a first impression, and I wanted everyone there to go home and tell their friends how wild it was. I wanted to prove that KOTC could fill the house in a small market any place in the country. You do that with three things: Action, action, action." As things turned out, a lack of action was something that the fans would have no reason to complain about.

Jay Buck vs. Jason Ireland

This was a very technical match - the fight had two or three good scrambles with each man gaining a superior position and then losing it, several times. Finally, Buck out-punched Ireland in Round 2 and impressed the judges enough to win a unanimous decision.

Mike Lee vs. Dave Knaggs

This seesaw fight went back and forth over the entire two tough rounds, Lee, the more technical of the two worked submissions, while Knaggs made him pay with

KOTC 6 Turns Up The Heat in Michigan

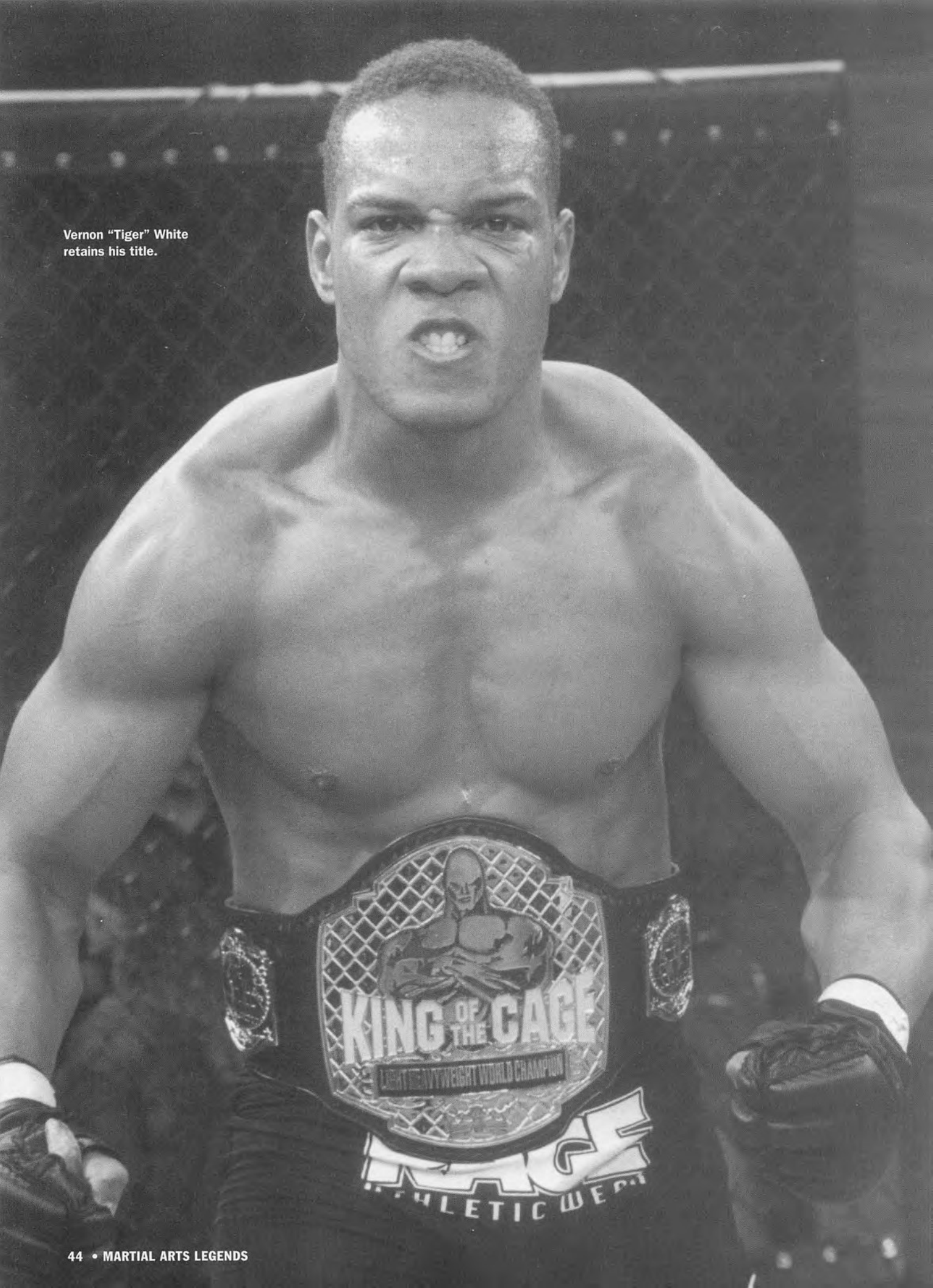
Road Trip

Story by Todd Hester

The spectacular Soaring Eagle Casino in Mt. Pleasant, Michigan was the site of Terry Trebilcock's sixth installment of the King of the Cage. Hosting the likes of Roger Neff, Pete Williams, Tiger White, and Ricco Rodriguez (even though he ended up *not* fighting due to a last minute case of nerves by opponent Scott Hawkins), the KOTC played to another sold-out show of nearly 3,000 fans, paying an average of over $50 a seat — which could have been higher had there been enough seats to meet the demand. This is even more impressive when you realize that this was a mid-week, post-holiday weekend show, 2½ hours outside a major city! What does this say about no-holds-barred in America? If you have a great fight, they will come - the keyword being "great."

For the first KOTC outside of California - outside of Soboba Casino for that matter - the promoters made sure that there would be plenty of fireworks inside the ring, bringing in two of the top Lion's Den fighters, Williams and White, the huge and intimi-

Tony Galindo knocks out Dave Roberts in the first round.



Vernon "Tiger" White retains his title.

attempt made at a takedown. One has to think that if a top grappler came into a shidokan tournament, and was able to survive the bare-knuckle rounds and the muay Thai rounds (a big "if"), then they would have a good chance at a submission, as most fighters did not seem to want to go to the ground under any circumstances.

Middleweight Championship

In the finals, the fit and fierce Arbocius manhandled the over-matched Aguilar, sweeping him off his feet again and again during the bare-knuckle rounds, which in the finals were extended to three rounds, as were all the separate phases. After the fight Arbrocius said that he is currently studying Brazilian jiu-jitsu, and did show a nice throw to an arm bar during the first round, when it was illegal. However, he looked more like a judo champion with his clever footwork and eventually finished off Aguilar with a monster shoulder throw that slammed the Frenchman hard onto the mat, nearly knocking him unconscious for the clear and undisputed knockout.

Kyokushinkai vs. Shidokan

While waiting for the two single championships matches - the light and super-heavy weights - the crowd witnessed the first ever team bare-knuckle competition between the two respective schools of karate. In five close matches, which included a woman's match, the Kyokushinkai Team lost to the Shidokan All-Stars by a score of 3-2. This was the only event of the night that featured the traditional karate scoring flags in the four corners of the ring, as the shidokan tournament now employs the 10-point must scoring system from boxing for increased fairness and consistency in scoring.

Lightweight Championship

The first world championship fight of the night featured Atlanta's Richard Trammell against Canadian Reno Del Castro. Del Castro came to fight and repeatedly tried to mix it up with the elusive Trammell, but the southern native kept his calm, repeatedly diverted the rushing attacks with footwork and leg kicks, and punished Del Castro every time he came inside. Eventually the leg kicks took their toll and Del Castro was unable to answer the bell for the 5th round. An impressive win for Trammell and one that truly showed just how good the fighters are that compete in the shidokan event.

Super-Heavyweight Championship

The crown fighting jewel of the night was the match between two very big, very tough, and very motivated fighters: Zsolt Leckner, the 1999 Shidokan Heavyweight Champion, and Andrei Dudko, the K-1 USA title holder. The bout itself was actually very entertaining and both men were relatively active and in obviously good condition. This was appreciated by the crowd considering that both men were in the 250 lb. range and such fights can often turn into a leaning match. While Dudko didn't dominate the fight, he was a half-step quicker with his footwork, and half-second quicker with his punches in each round of each stage. So despite not being dominating he built up a clear and commanding lead. Going into the final three grappling rounds, it was clear that Leckner needed a submission or a choke to win. Despite two or three takedown attempts, though, he didn't make a concerted effort to tap Dudko, and the K-1 champ actually responded with a takedown of his own, and an attempted choke. When the final bell sounded, even though both were on their feet kickboxing, there was no doubt that Dudko was the winner.

Middleweight champ Arbocius.

Conclusions

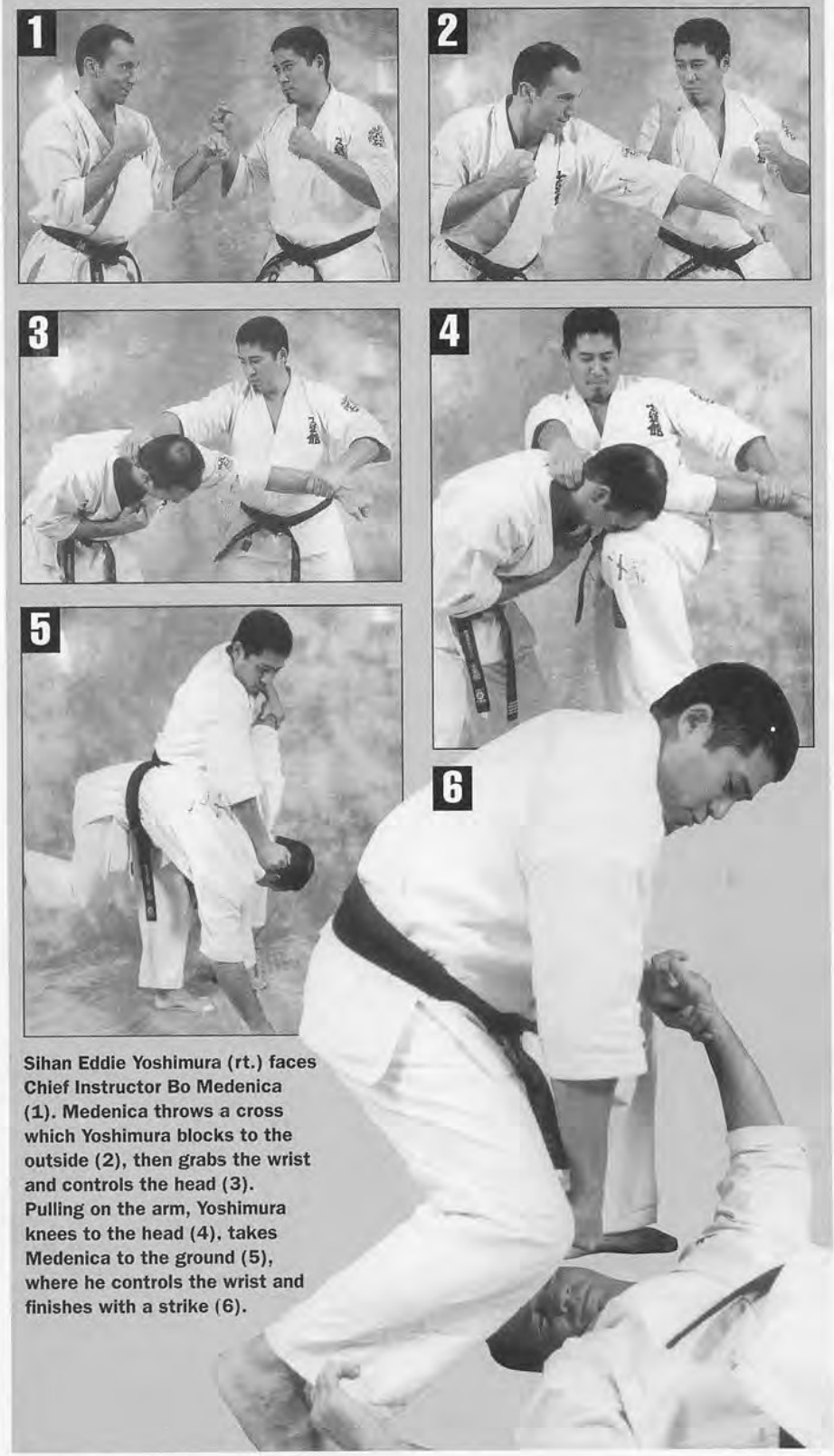
If you haven't seen a shidokan tournament, you're missing out. Eddie Yoshimura and Shidokan USA have disproven the maxim that "you can't please all the people all the time," and managed to pull off the near-impossible task of including elements of modern mixed-martial-arts, while maintaining a traditional feel. The judging was fair and impartial, the fighters tough, skilled, and experienced and the prize money of $8,000 for winning very respectable. Hard-core mixed martial artists with a submission or wrestling background who are thinking of entering would be at a disadvantage, however, due to having to go though two truly brutal multi-round stages of bare-knuckle karate and muay Thai just to get to the grappling rounds. If they made it through, through, they would probably tap most of the fighters in this event at least.

Yoshimura is well aware of the impact the rules have on stylistic specialists and is committed to continuing to modify the format for the good of the sport. Already, he has an event planned in Florida in the upcoming year which will include one or two straight mixed-martial arts fights - basically the grappling stage without the karate and muay Thai stages. "Our goal is to not only make the most effective martial art in the world, but also the most exciting event in the world," Yoshimura says, "and we're not going to stop until we get there."

For more information visit www.shidokan.com

Shidokan Techniques

Sihan Eddie Yoshimura, the head of Shidokan USA, and Shidokan USA Chief Instructor Bo Medenica are both Chicago police officers who have taught fellow officers in dangerous assignments such Robbery Decoy, CTA Strike Force, Gang Crimes, Hostage Barricade Terrorist Unit, and the Organized Crime Division. Because of this, they have developed the attitude of use everything that works. "You don't get a second chance on the street," says Yosimura. "If you use it, it better work; if it doesn't work, then leave it at home." This eclectic and pragmatic attitude is reflected in the typical shidokan techniques that they use and teach.



Sihan Eddie Yoshimura (rt.) faces Chief Instructor Bo Medenica (1). Medenica throws a cross which Yoshimura blocks to the outside (2), then grabs the wrist and controls the head (3). Pulling on the arm, Yoshimura knees to the head (4), takes Medenica to the ground (5), where he controls the wrist and finishes with a strike (6).

TKO'd Hungary's Robert Sarcozi in the 2nd round with several hard body shots. Sarcozi put up a game fight, but looked to still be a little woozy from all the fouls he suffered at the hands of Gibson in the qualifying bout.

Ntoh then advanced to the semis as well with a dominating six-round TKO over game but outmanned German fighter Jochen Gieb. In this fight, Ntoh actually had Gieb on the ground in a arm bar, and was about to make the German tap, when the referee inexplicably stepped in and broke up the fighters and stood them back up. This did not help Geib out, though, as Ntoh promptly sent him down for the count with a flurry of blows.

Just as the fighters were obviously mainly from kickboxing origins, it was apparent that the officials were also, as they several times broke up ground encounters after only 10 or 20 seconds on the mat, apparently unaware of the timing, patience, and movement it sometimes takes to get a successful submission. In future matches, when grappling specialists become involved in shidokan, as they most surely will, the referees will have to be trained to be more aware of grappling officiating practices.

Middleweight Semifinals

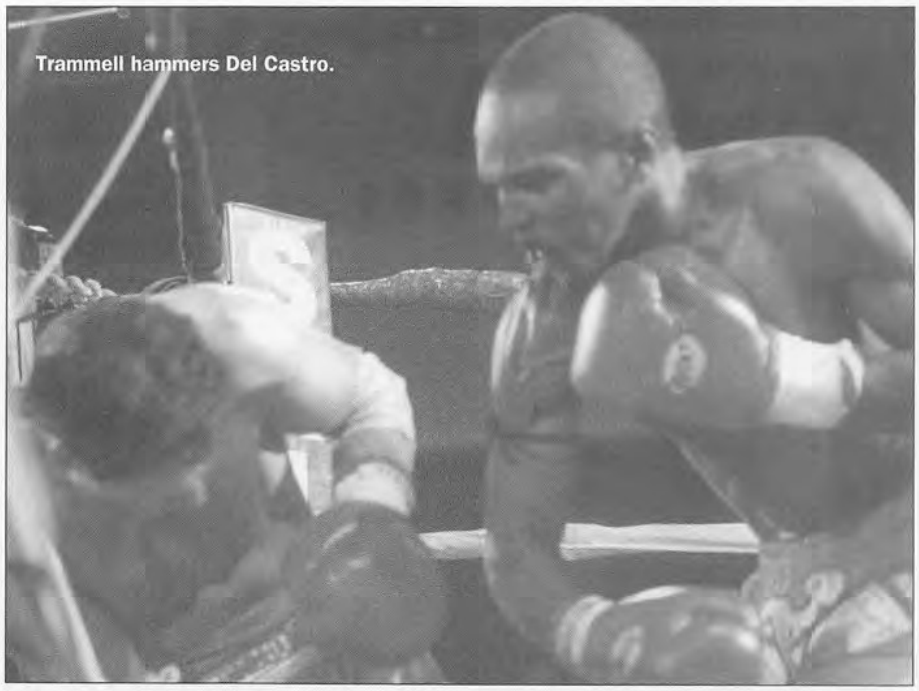
As often happens in 8-man tournaments, the two most impressive fighters met in the semi-finals when Ntoh and Arbocius faced off. Since these two fighters were obviously the class of the field, this had all the making of a championship-caliber match. The match shaped up as advertised - for 4 rounds - with Ntoh having perhaps a slight edge due to his vicious leg kicks. Before the bell for round five, the first grappling round, however, Ntoh waved off the referee and withdrew "due to hand injuries." This left the crowd wondering if his training with Jacare in Brazilian jiu-jitsu would have been enough to submit the clever and active Arbocius - perhaps a question to be answered at another shidokan tournament.

The other semi-final match saw Aguilar pound out a six round majority decision over Monterry. This again featured both men kickboxing throughout the grappling round, without even an

"Absolutely," Yoshimura says. "If word were to get out that our events were biased then the fighters would stop coming. We have to be fair."

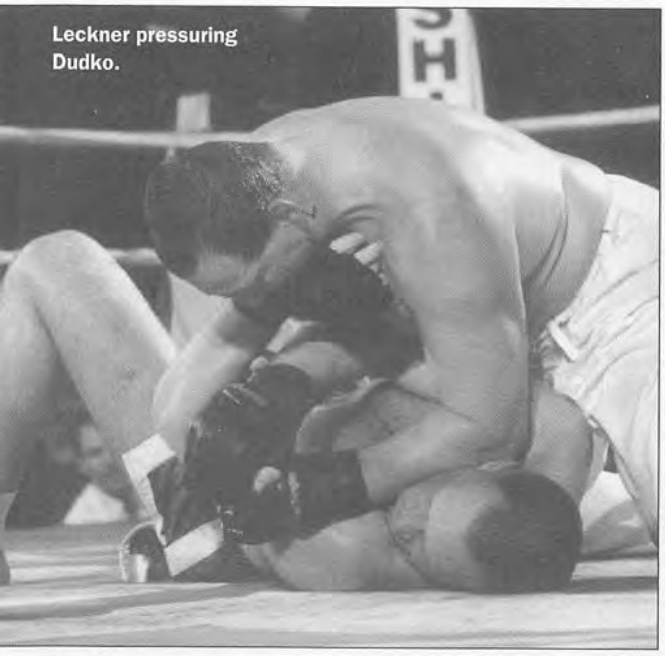
The Middleweight World Championship Tournament

The 10 competitors entering the middleweight tournament had a truly international flavor with competitors from France, South Africa, Germany, Lithuania, Japan, Hungary, Costa Rica, and the United States. All of the fighters either had won the respective shidokan national tournament or had earned an at-large berth by virtue of holding championships belts in muay Thai, draka, or kickboxing.


Trammell hammers Del Castro.

First Round Middleweight Matches

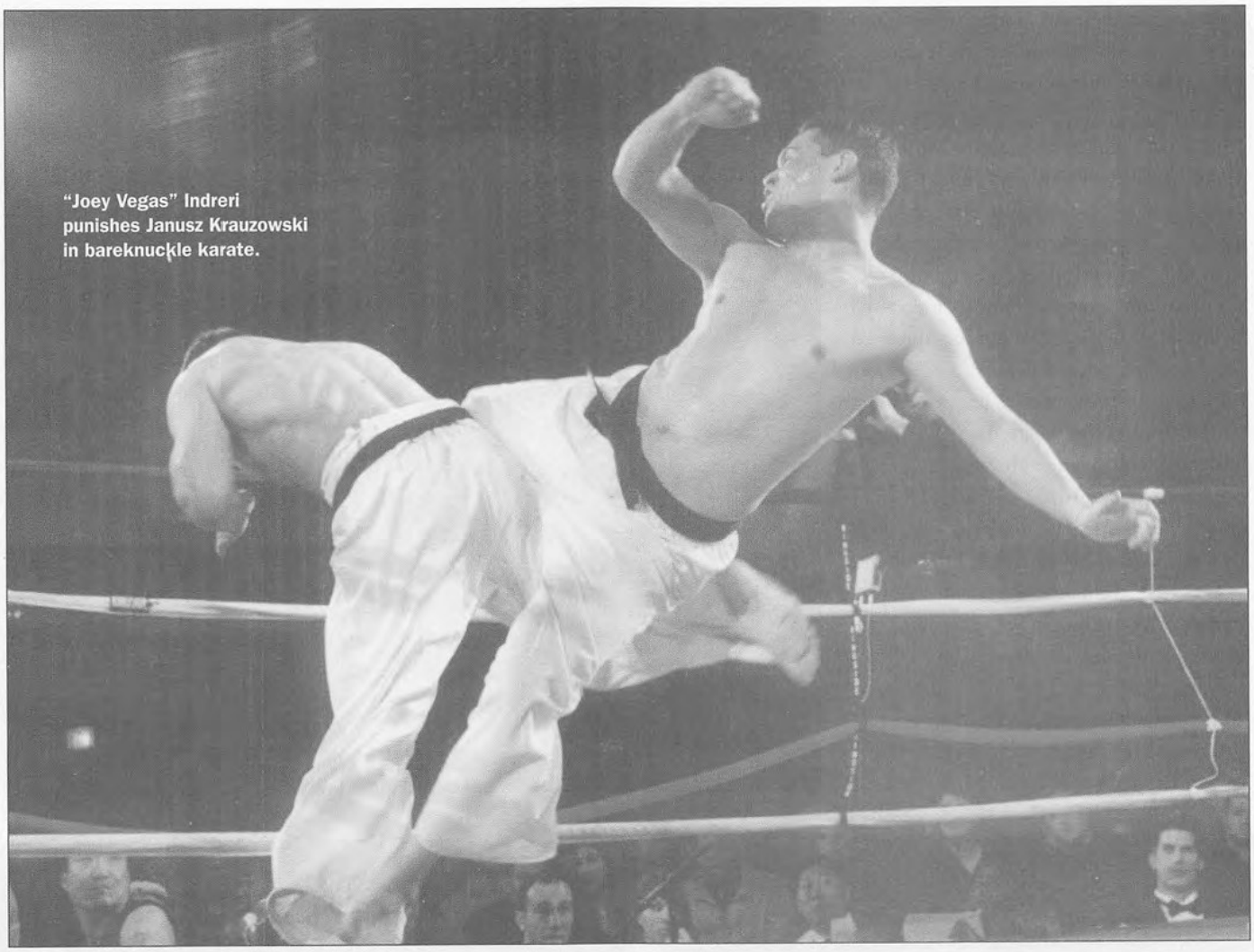
In the first round qualifying match, France's Emmanual Ntoh, a World Draka Champion with extensive muay Thai training, now training and teaching out of Romero "Jacare" Calvacante's Master Brazilian Jiu-Jitsu school in Atlanta, Georgia, faced off against South African Middleweight Champion Charles Fourie. Ntoh, displaying fast shin kicks and hard sweeps, kept Fourie at bay through the karate and muay Thai rounds and eventually forced the South African to withdraw after round four, due to severe leg bruises.


Leckner pressuring Dudko.

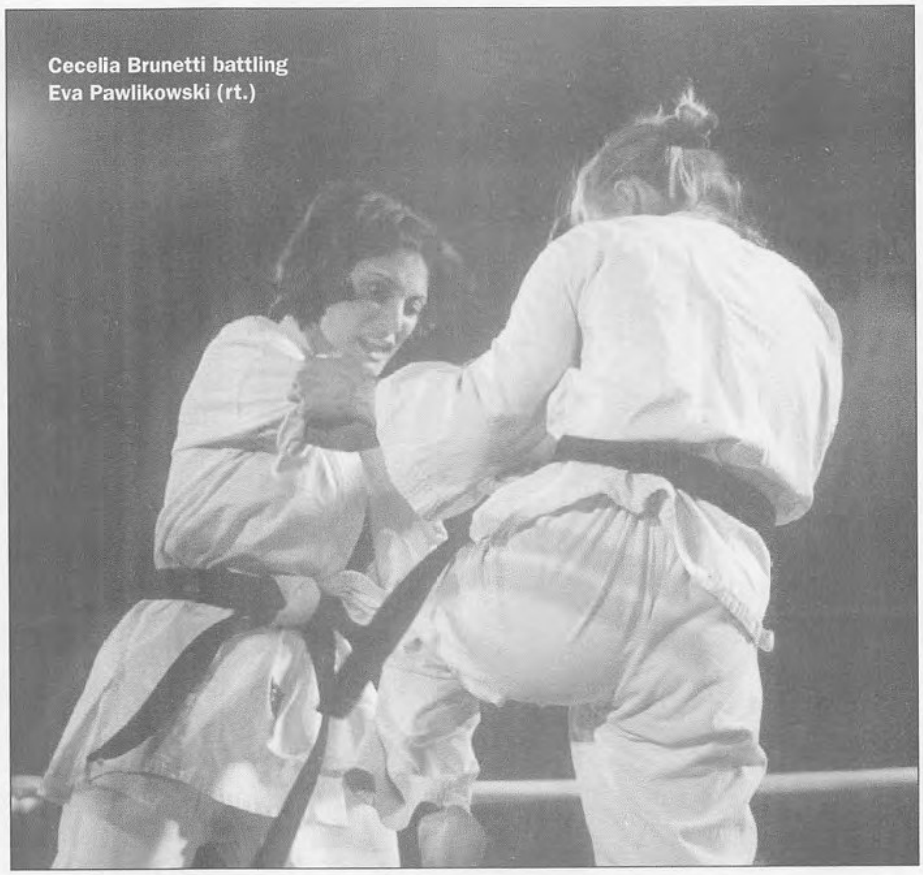
Following Ntoh's impressive performance, the shidokan event was treated to a rare display of extremely bad sportsmanship when Chicago native Manson Gibson repeatedly and unnecessarily fouled Hungary's Robert Sarcozi with late hits and low blows, and was eventually disqualified for kicking the European's neck after the bell had sounded. This was the first disqualification of this type in the 10-year history of U.S. Shidokan events and ensured, according to a slightly embarrassed Eddie Yoshimura, "That Gibson would probably not have to worry about being invited to a shidokan event again."

Clever Lithuanian fighter Kestutis Arbocius then knocked out Japan's Ryo Sakai in the 5th round (the first grappling round), after dominating him in the two karate rounds with clever sweeps and throws, and hammering his legs with shin kicks in the muay Thai rounds. It was evident from watching the "grappling" rounds that most of the fighters come from kickboxing backgrounds. When Sakai was getting hammered in the 5th, he could have easily taken the fight to the ground in order to spare himself further punishment. However, he chose to stay on his feet and trade punches and was promptly put out.

In the other quarters, Hector Monterry of Costa Rica dominated U.S. Bareknuckle Champion Lammin Keita of Pittsburg, who looked unusually sluggish and did not fight with his usual aggressiveness, getting knocked out in the third round. France's Frederic Aguilar then



"Joey Vegas" Indreri punishes Janusz Krauzowski in bareknuckle karate.



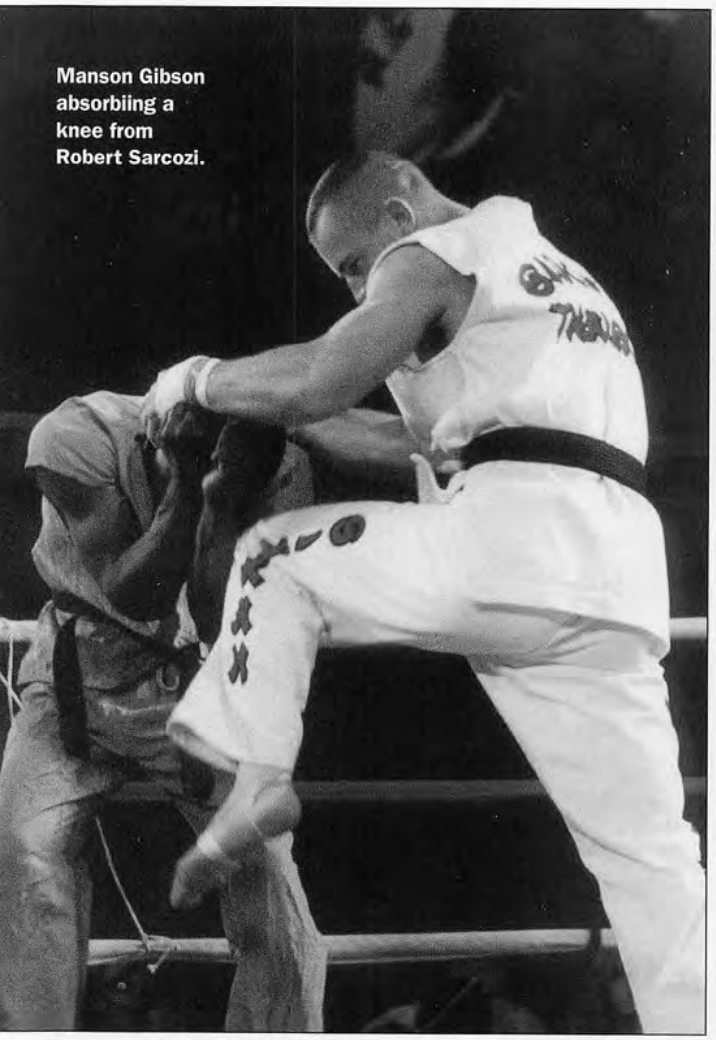
Cecelia Brunetti battling Eva Pawlikowski (rt.)

grappling in the martial arts, we included submission moves in our curriculum and added two rounds of ground fighting."

Chief Shidokan Instructor Bo Medenica, Yoshimura's right-hand man agrees. "Now, even the ground fighting rules are evolving. We started out allowing only 15 seconds on the ground; then that went to 30 seconds; then to two minutes; and now the time is unlimited within the two-minute rounds allocated for grappling with the 5 oz. gloves. The only rules in those rounds are no striking to the head while you're on the ground, and no kicking when the man is down. So it basically mirrors the original pancrase rules, which we thought were well thought out. We feel that a true test of skill is how competitors operate within a framework of rules. So we make fair rules in the fights and then we enforce them. Judging is as impartial as we can make it, and a shidokan fighter is not given any preference in the scoring over a competitor from another style."

Shidokan Rules

- Two, two-minutes rounds of bare knuckle karate with sweeps and throws allowed, kicks to the head allowed, but no fists or elbows to the head.
- Two, two-minute rounds of muay Thai with 10 oz. gloves. Kicks, punches, and elbows to the head allowed. Throws again allowed.
- Two, two-minute rounds of mixed martial arts. Standing kicks and punches to the head allowed on the feet. No punches, elbows, head butts to the head allowed while on the ground. No kicking a man who is down. No time limit on the ground but the referee may restart due to inactivity.
- Championship matches involve three rounds of each stage instead of two.
- 10 point must system for each round, borrowed from boxing.



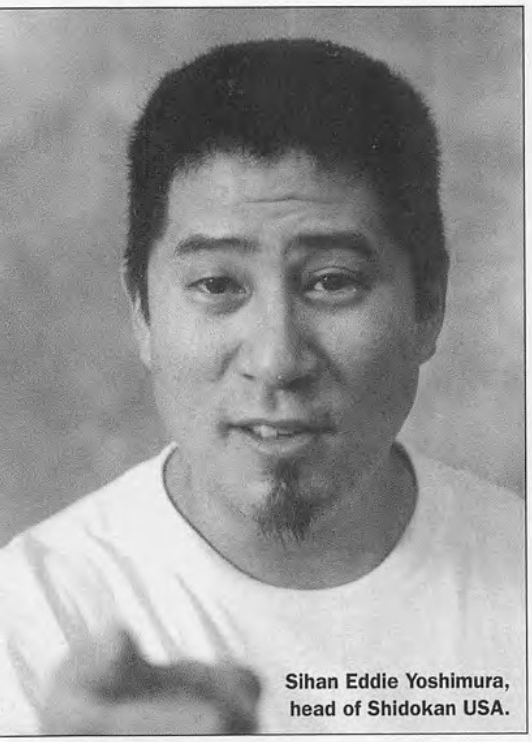
Manson Gibson absorbiing a knee from Robert Sarcozi.

Kestutis Arbocius lands a hard kick.

Soeno's philosophy of inviting the participation of competitors from any and all styles, in order to test fighting spirit and skill, is reflected in the truly international mix of fighters from a variety of styles and disciplines that typically compete in a shidokan tournament.

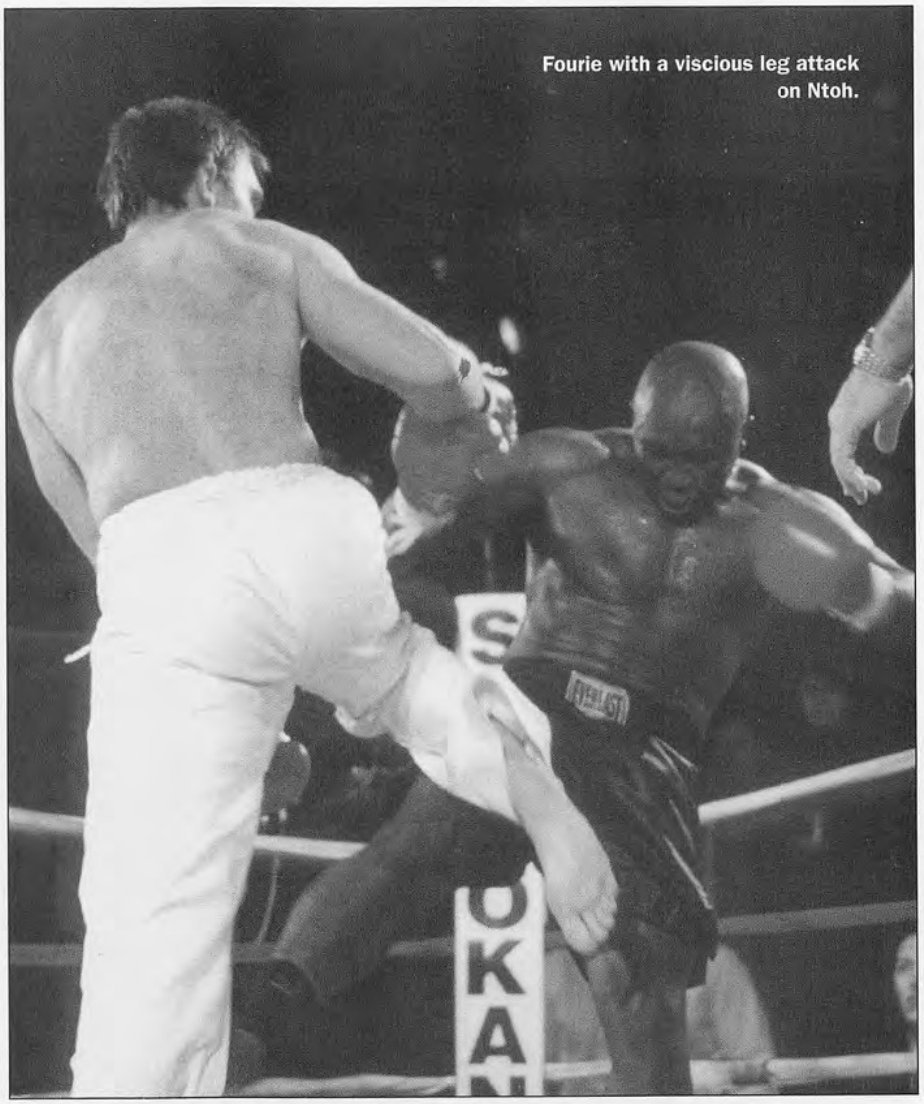
Shidokan USA

The founder and head of the U.S. Shidokan Association is Shihan Eddie Yoshimura, who has been studying the

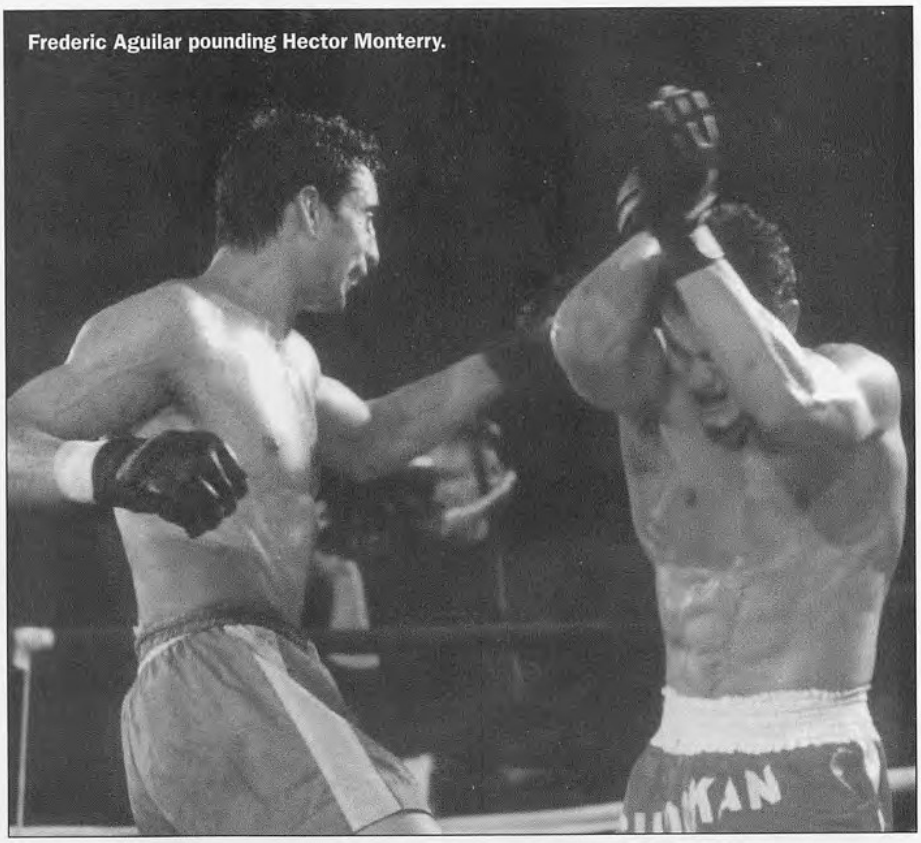


Sihan Eddie Yoshimura, head of Shidokan USA.

martial arts for over 30 years and currently holds the rank of 7th dan. A 14 year veteran of the Chicago Police Department, Yoshimura is also the owner or the Chicago Fitness Center, a modern physical fitness gym which also includes weights, an indoor track, a wide variety of cardio equipment and, of course, a full-sized dojo on the bottom floor of the two-level club. "The goal of U.S. Shidokan," Yoshimura says, "is to bring martial arts styles together, rather than to separate them. To this end, our tournament has undergone a series of rules changes designed to give any person from any style an equal chance of winning. In our first years, for example, we only had bare knuckle karate which does not allow hand strikes to the head. Then we added muay Thai with 10 oz. gloves in order to allow that. When we saw the impact of



Fourie with a viscious leg attack on Ntoh.



Frederic Aguilar pounding Hector Monterry.

Emmanuel Ntoh in full attack mode against Charles Fourie.

The 10th Annual World Shidokan Invitational

Story and photos by Todd Hester

Combining grueling bare knuckle karate, brutal muay Thai, and fierce submission grappling — all in the same bout — shidokan karate is truly the triathlon of mixed martial arts.

It's every fighter's most severe test, and every fans fondest dream: take 12 of the world's most highly-trained martial artists, make them fight under three different sets of rule for alternate rounds in the same bout, and then put them in a tournament where they have to survive three matches in the same night in order to be crowned International Shidokan Champion. If this sounds like the plot of the latest Van Damme movie, you're wrong; because even Hollywood would have trouble dreaming up something *this* outrageous.

Shidokan karate is one of martial arts most difficult events - because it not only measure a fighter's kicking, punching and grappling ability; it also tests a true champion's greatest assets - courage and heart. On December 2, 2000, in the Chicago's Park West Theater, some of the world's most elite fighters from France, South Africa, Japan, Hungary, Costa Rica, and the United States gathered together in a test of skill and courage to find out who was the best of the best.

Shidokan Roots

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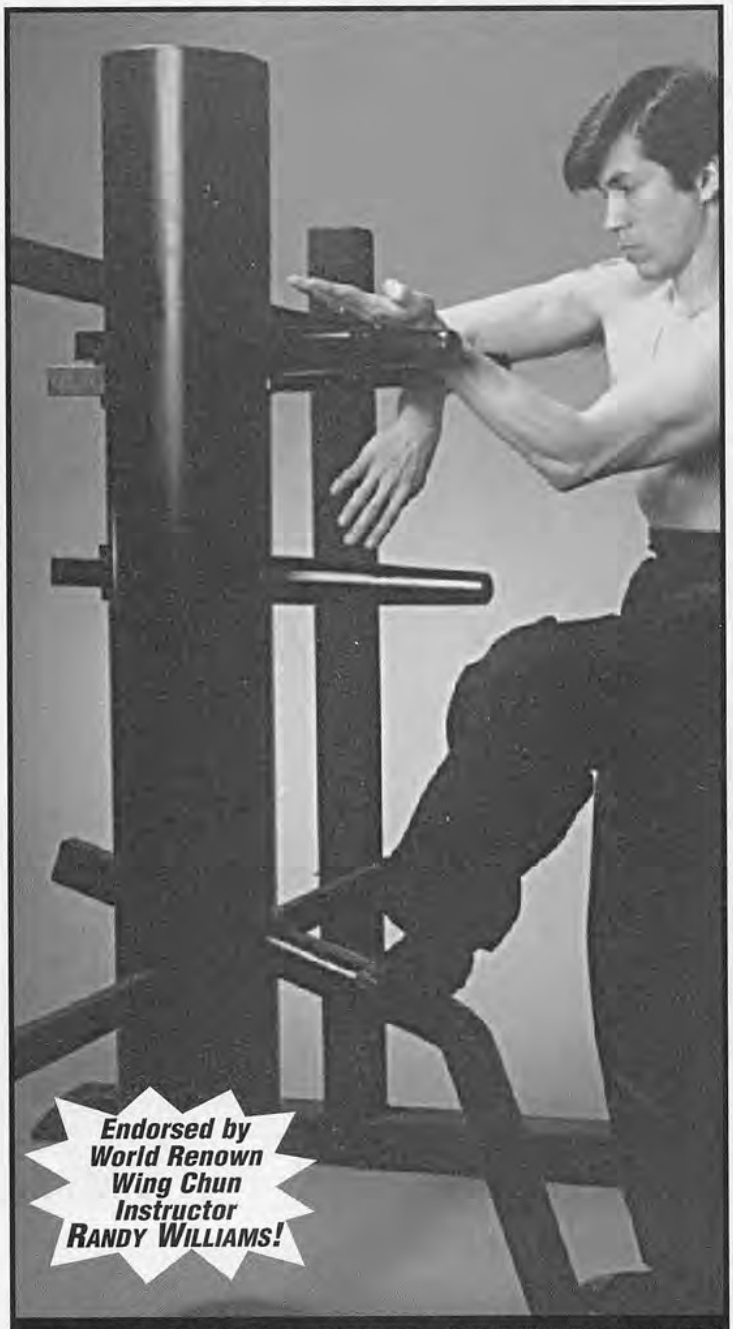

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Q: So, who was your toughest match in '98?

A: Probably Sean Alvarez in a 20-minute fight which I won on points.

Q: And then '99, who was your toughest competitor?

A: Again it had to be Sean Alvarez. I lost to Sean that year, but I had a knee injury, and it was pretty bad.

Q: When I met you in person at the ADCC 2000 tournament I was expecting a behemoth and this fit, in-shape guy shows up.

A: I was light - about 240.

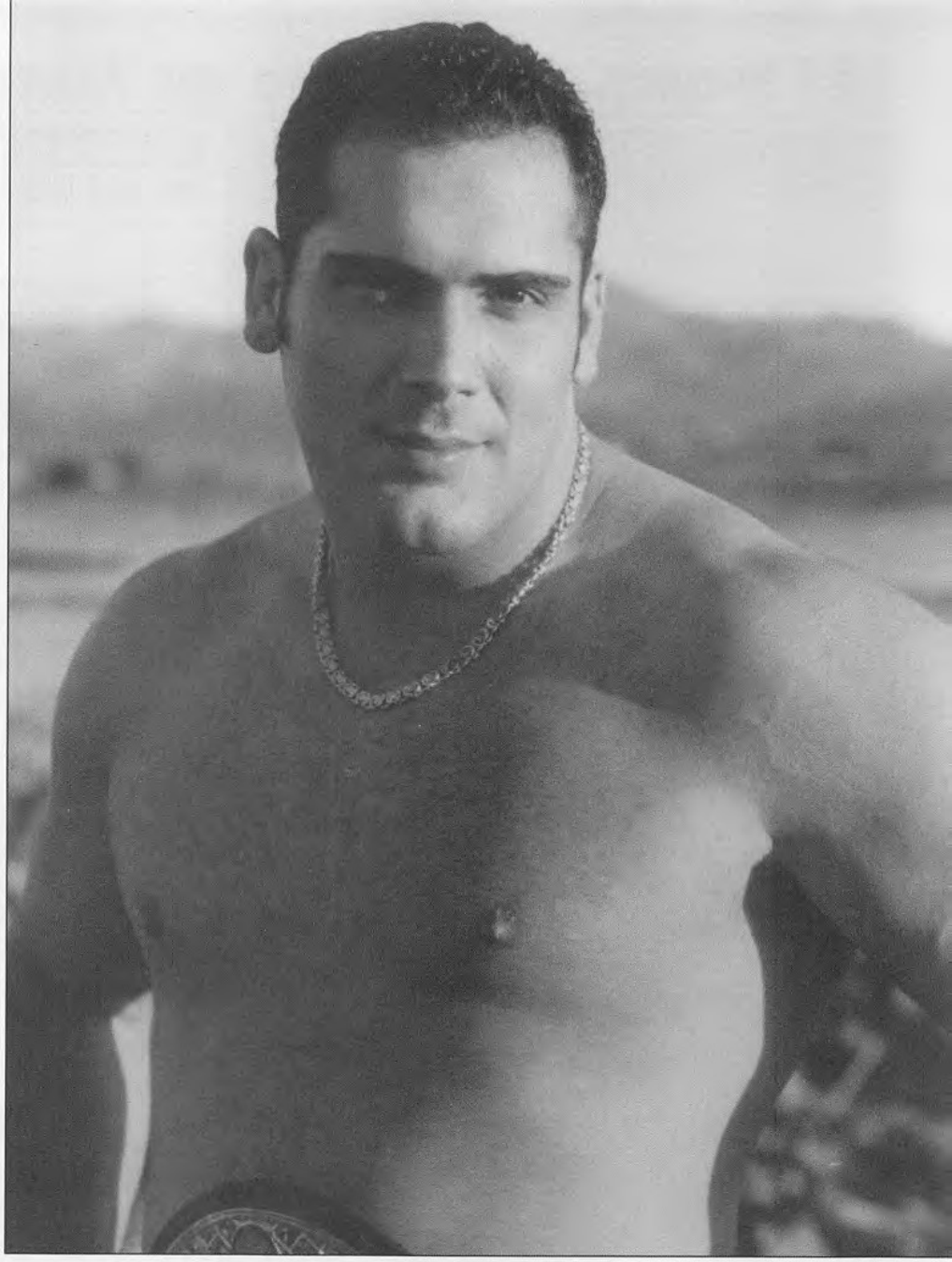
Q: How did you train differently than the previous year?

A: I definitely changed that year. I mean, basically, I just trained really hard, watched my eating habits, got more disciplined in my training habits and got a personal trainer.

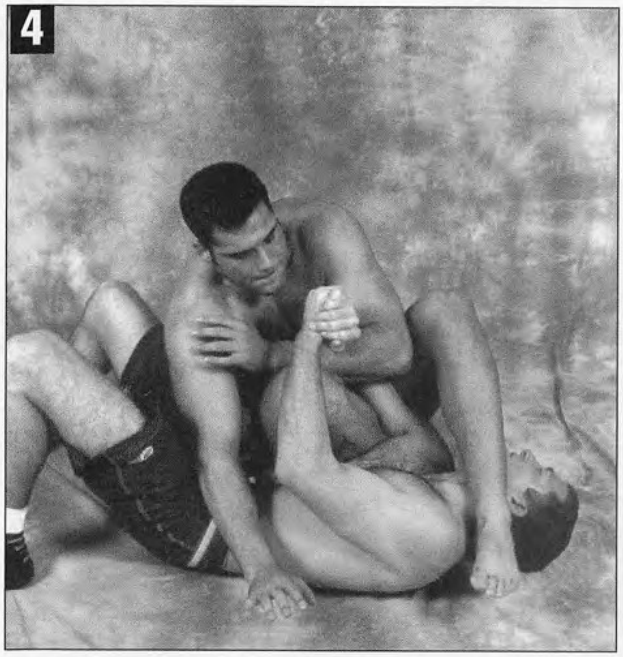
Q: So you were lifting weights as well?

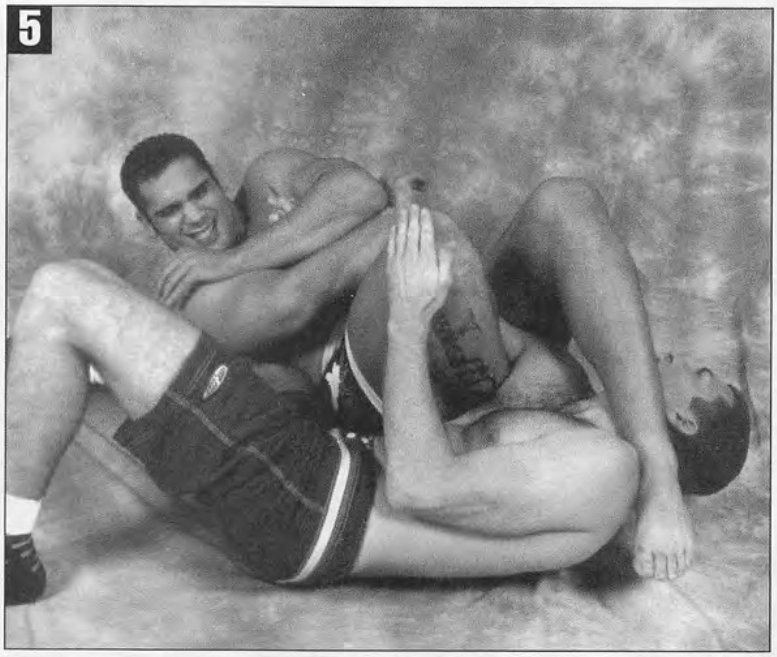
A: I was lifting weights, running, doing all the right things. Just training

Continued on page 95



Having achieved a dominant position with the knee on the stomach (1), Ricco Rodriguez turns his hips inward and feints a punch (2). With his opponent focused on avoiding the potential strike, Ricco steps over the head and traps the inside arm (3), leans back while keeping the hold cinched tight (4), then falls back and applies a painful straight arm bar (5), making sure to keep his opponent's arm sandwiched with his legs to prevent any escapes.





Q: Did you have any martial arts background before you got into no-holds barred?

A: I did have some karate and taekwondo when I was younger.

Q: When you moved to Los Angeles in '95, who did you begin training with?

A: In '95 I started training with the first MMA guy that I ever met and, believe it or not, it was Erik Paulsen. I met Erik down at Boxing Works in Hermosa Beach, and that's how I originally started.

Q: Mixed martial arts?

A: Just grappling. He had a submission class that he was teaching and I was training a lot and going in there. Erik at the time was traveling back and forth to Japan a lot. I told him I wanted to really get into it. He was like, "Well, look, I'm not here a lot, but I can recommend a school for you." So he recommended the Machados.

Q: Did you train with Rigan and Jean Jacques?

A: When I first started I trained under Rigan. Then, after time went on, Jean Jacques took me over, and he took really great care of me. And then Rigan came back in and touched me up. He did an unbelievable job.

Q: The first time you were exposed to Brazilian jiu-jitsu, coming from a wrestling background, were you shocked?

A: I was very shocked, because when I first went into jiu-jitsu practice, I didn't understand what it was, and I thought we just wrestled. So I got arm barred like five times right away, and I was like, "Wow, that hurt." So as I went on and learned, there were a lot of guys in the Machado Academy that beat me up. I'm not going to lie. They knee-barred me, arm-barred, ankle-locked me. I mean, it was definitely a learning process. It was a whole different game.

Q: How long before you competed?

A: I started training in June, 1997. The Machados said look, there's a tournament in August. We want you to compete in it and we think you can win. So, after three months of training jiu-jitsu, when I was 19 years old, I flew to Brazil and won my first real championship at 19 in the Mondial. And at 19 I was weighed something like 245. Then, as the years went on, I got heavier and got up to like 280 or 290. But that was the first year. Then the second year, I won the gold medal at Pan Americans.

Q: And this was with the gi?

A: Yeah, all with the gi. And then I went to Abu Dhabi and won that tournament at 19 years old. I went in '98, '99 and 2000.

Q: That's the first time I ever saw you. I watched the tapes and thought, "Who is this guy? He's the quickest big guy I've ever seen." So you had already experienced a jiu-jitsu tournament and wrestling. How did you rate the submission competition there?

A: Very difficult. It was a 10. I mean, everyone's competitive, everyone can make mistakes, and anything can happen at any given moment. So a lot of top people lose matches — and lose their reputations. But I respect anyone who takes that risk. It's always difficult to do anything that has submission wrestling's specific rules and agreements.

So as I went on and learned, there were a lot of guys in the Machado Academy that beat me up. I'm not going to lie. They knee-barred me, arm-barred, ankle-locked me. I mean, it was definitely a learning process. It was a whole different game.

Q: How did you get started in grappling and martial arts?

A: I originally grew up in the East. I'm from Staten Island, New York, and I went to high school in Tottenville. I wrestled for four years in Tottenville High School.

Q: What weight did you wrestle at in high school?

A: Two hundred and fifteen pounds. When I wrestled there, I was the first New York City kid to ever place in the States as a junior. I placed second. I was the only kid who placed second and fourth in the state from New York City.

Q: Were you playing other sports there, too?

A: No, just wrestling. My senior year at high school I was undefeated for most of the year. I only had one loss towards the end of the year. And then I was supposed to go to four different major colleges, one being West Point, but I didn't go. I didn't want to go to a year of prep school to prepare. I competed on the East Coast as far as wrestling goes, and then I moved out to Los Angeles in '95.

Q: So you just passed on college altogether?

A: No. Actually, I attended a two-year community college, Cypress College in Los Angeles. I wrestled there and won the junior college state title, and then I just kind of fell off of it after a while.

Q: What was the first UFC you saw that really inspired you to get into MMA?

A: Actually, it was probably '95 or '96 when I saw Jerry Bohlander fight Fabio Gurgel in the UFC. Gurgel was a top fighter - a world champion. That was Bohlander's greatest victory ever. I mean, I saw that he was a young kid, my age, and he was fighting, and that's when I really wanted to get into fighting.

Q: Had you done any street fights or been in real fights before?

A: No, just wrestling. I've been in a lot of scraps living in New York City. If you wanted to hang around the neighborhood for a while, you could definitely fight plenty of times. I've done my share of fighting all around town, but once you step into the ring or the Octagon, it's totally different.

Photos by Todd Hester

Sitting inside his opponent's guard (1), Ricco Rodriguez is suddenly swept (2). Rather than resist, he simply goes in the direction of the sweep (3), wraps is arm around his opponent's leg (4), and then falls back into a painful heel-hook (5), making sure to keep his opponent in-control by applying pressure with his legs.

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KING OF THE CAGE

PART ONE

Ricco Rodriguez

The Sky's the Limit

By Bill Curry

He's affable, charismatic, and GQ good-looking - but those accolades don't hinder him in the least when he steps into any NHB ring. He's a certified world class mixed martial artist with the ability to trounce any opponent with solid stand-up skills and exceptional submission ability. Afterwards, he will pick his opponent up, give him a pat on the back and say, "Let's head to the local disco, have some laughs, and party all night long." A man's man at 23 years old, he has transformed himself from a 300-pound-plus behemoth, to a suave 235-pound submission machine. Along with maintaining his astounding quickness, he's had instruction from tremendous mentors, such as Jean Jacques and Rigan Machado, Erik Paulsen, and the last two years training with the "Specimen" himself, Mark Kerr. He won his division in the Brazilian Jiu-Jitsu Pan Ams with only three months of experience under his white belt, and attended three Abu Dhabi tournaments, winning in 1998 and placing second in his weight class in 1999, and then in 2000 losing to training partner Mark Kerr. He's the reigning King of the Cage Heavyweight Champion, and competes regularly for the Pride Fighting Championship in Japan. His goal is simple and straightforward: "I will be the best NHB fighter in the world." If he trains properly and doesn't let the paparazzi, the adoring fans, and sportswriters' accolades divert him, he may be well on his way to fulfilling his dream.

Shonie Carter

Semper Fi

Story and photos by Todd Hester

One of the many talented wrestlers turned no-holds-barred fighters from the Midwest, Chicago-based Shonie Carter has no fear of mixed martial arts matches because he's already survived something much tougher - U.S. Marine Core Boot Camp! Joining the Marines right out of high school, Carter returned home from the Core with a new attitude of success, and the feeling that no accomplishment was beyond his grasp. Proving that his new goals were "more than a feeling," Carter quickly proved himself on the mat, becoming a two-time national tournament qualifier and an NJCA All-American. After attending the Olympic Trials in 1996, Carter "got into judo," and won

Not willing to be classified as a wrestler, kickboxer, or submission grappler, Shonie Carter strives for flexibility, adaptability, and versatility.

several judo tournaments on the strength of his powerful wrestling ability. Coming back to Chicago from Tennessee after college, Carter hooked up with Master Robert Schirmer of Combat-do Jiu-Jitsu, who also had extensive experience as a boxer and kickboxer. Learning a wide variety of combat arts, Carter soon found himself turning to a new, fast growing sport which enabled him to utilize all of his new-found versatility - mixed martial arts. Thrown to the proverbial lions in his first match - a loss to MMA star Laverne Clark in Extreme Challenge - Carter emerged from the loss determined and focused. Rededicated to success he promptly reeled off "25 or 30 straight wins," including a victory over Dave Menne and two wins in the UFC. Still actively fighting

Training Strategy

"I do everything – running, weights, college wrestling, shidokan karate, judo, kickboxing, and boxing. I don't really have a percentage of kicking to punching to grappling that I strictly follow. Whatever I feel I need, I work on that week. A lot of my training comes from the classes that I teach at the Chicago Fitness Center and other places. I don't mind grappling with newcomers who are wild and out of control because in fights you get people like that – it teaches you to deal with pure, undisciplined aggression."

and searching for new avenues of combative expression, Carter lives life by his own warrior's creed: "I don't fear failure and I won't give up - ever. I don't have dreams, I have plans."

Q: How did you get started in the martial arts?

A: I started off as a wrestler in the eighth grade and high school. I didn't do too well in high school - I did alright - at Proviso East High School in Maywood, Illinois. Then I went to the Marines after high school for four years then got back and went to the reserves and wrestled in junior college at Triton College in Rivergrove, Illinois. While I was there I was a two-time national tournament qualifier and an NJCA All-American. I also placed fourth in the nation, was a two-time World Team member, and went to the Olympic Trials in 1996. Then I started getting back into judo, which I had started when I was younger, but then didn't stick with it. I got back to judo when I earned my four year scholarship at Carson-Newman College in Jefferson City, Tennessee, where I wrestled under Don Elia. After I came back home I started working out and wrestling with some of the guys at Triton College just to stay in shape. Then I was introduced to Master Robert of the Combat-do Jiu-Jitsu School. Then from there I started training mixed-martial arts under Master Schirmer. I started kickboxing and boxing and that's what really started my fight career. Each step of my training ended up being a progression to where I am now.

Q: What is Robert Schirmer's background?

A: Taekwondo, karate, wrestling, judo, jiu-jitsu, and founder and head instructor of the All-American Academy of Martial Arts. He was the all-marine karate team captain and the interservice boxing champion. He did just about anything you could do in the Marines. He was in Force Recon in the Third Battalion - and I hope I got that right for my sake. He has a very well-rounded base in all the major combat arts, striking and grappling. You can find out all about his style at www.combat-do.com.

Q: But when you started with him you were already an accomplished wrestler, weren't you?

A: Yeah, I was. I realized that being a wrestler, I had a strong foundation, but I wanted more. When I was in college I wrestled, but then I would go do judo - so even then I always wanted more. I was always looking for more knowledge and skills. My first judo tournament, as a matter of fact, was the state judo championships - and I took home two golds and a silver medal. I won the white-to-green division, the brown belt division, and took second in the black belt division - and all this as a judo orange belt. But of course I was a good wrestler. So all I did was shoot double-legs and then do belly-

Fighting Strategy

"My particular style is that I don't particularly emphasize any specific technique that I try to execute no matter what. I go into a fight extremely relaxed. I've been there before - more times than most - so I look to see what my opponent is doing wrong. I look to see if they're sitting back on their heels; if their hands are low; and are they tense and uptight? I like guys who try to psyche themselves up and try to bully me around and muscle me all over the ring - I'm like "Oh, good. Get tired. Please." I weather the storm, work off the angles, slip and move and frustrate them a little. So a kick or punch may come and you may see me directly clinch. I look for my opponent to make the mistake. I look to see what he's giving me."

to-back suplexes on everybody. So I was able to adapt my wrestling pretty easily. Then I wrestled in Budapest and placed third or fourth, and then at the Grand Prix of Austria and placed sixth. So I had an extensive competition experience in wrestling which gave me an edge. I feel that wrestling skills are a very good base for many martial arts. But I wanted more, so with Dr. Stephan Terrell I started studying jiu-jitsu. It was more of a hybrid system because I'm not much of a traditional or conventional fighter. So I

"I didn't want to be a cookie-cutter type of BJJ fighter. I can say I know jiu-jitsu but you get in the ring with me and I'm not going to jump to my back and try to work an arm lock off the guard."

wanted to get a different type of jiu-jitsu that was similar to Brazilian jiu-jitsu but with differences. I didn't want to be a cookie-cutter type of BJJ fighter. I can say I know jiu-jitsu but you get in the ring with me and I'm not going to jump to my back and try to work an arm lock off the guard.

Q: What was your first exposure to finishing holds?

A: My first experience to those types of movements was in Tennessee when I was studying under Doctor Stephan Terrell. I gained a good understanding of submission holds, although I wasn't as versed as I am now because I was younger and less experienced. But it became more refined when I learned under Robert Schirmer.

Q: As a wrestler, was it easier to catch onto submissions?

A: Definitely. Wrestling is an art that teaches you to control your opponent - whether you're holding him down on the

mat or throwing him. Its just different techniques that teach and emphasize control of opponents for points. So jiu-jitsu went to the next level for me. I used the philosophy behind freestyle or Greco-Roman wrestling to get the opponent down, under control, and then look for the submission. So I always control the opponent before I look for the finishing hold.

Q: At what point did you decide to move from sport competition to no-holds-barred fighting?

A: It was a challenge that I thought would be worthy of my time. I knew that there was more to this art of competition than just point grappling. I always knew that the end all or be all pinnacle of fighting was not the pure wrestling arts. However, you see that the grapplers, in general, tend to dominant this sport more often than not. It is mainly grapplers who have taken the art to the next level by putting submission moves on top of their wrestling skills. So I think that it is the most well-rounded, comprehensive fighter who prevails the most. But past a certain point of learning it is the person who prevails, not the art.

Q: Do you remember your first no-holds-barred fight?

A: Very well - a little too well, as a matter of fact. I lost in nine seconds to Laverne Clark. And I want a rematch. Laverne? You out there? Gimme another shot! Looking back it was a very tough first fight, but I didn't know any better. I was told by Monty Cox that Laverne was a boxer. So I said, "OK. I think I can handle a boxer." Man, I was doomed from the start. I found out after the fight that this "boxer" was an Iowa State wrestling champion. Thank you, Monty! So I go out there thinking that I would shoot in, take this guy down, not get hit, and then win the fight. Well, I shot in and he sprawled against the fence and popped me and out I went. Fight over. I looked at the tape later and saw that the punch wasn't all that hard, but I just had never been hit before and so it was a shock. Later in my career, I beat some guys who had beaten him. So I don't feel outclassed by him - just a little bad that I didn't get to show him my best side. I have a lot of respect for Laverne. He's 5-0 in the UFC and I'm 2-0, now.

So after that I went on to win 25 or 30 fights in a row because I took up boxing and kickboxing the day after the Laverne Clark fight and learned how to throw, avoid, and when necessary, take a punch. I realized the application value of being a well-rounded athlete and a well-rounded fighter.

Q: So that loss didn't end your career, but rather started it

A: Yeah, that's true. And I'm going to jump back to my time in the Marines and

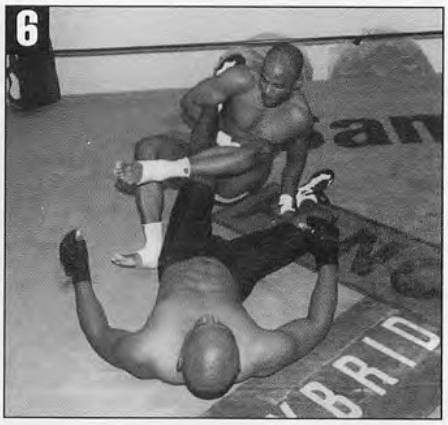
Desired Opponents

"I'd like to fight Cung Le. I look at what Cung Le did in the K1 against Mohammed Keita - he dominated him with wrestling throws and I don't think he could do that to me. I know how to stop those moves. I don't knock Cung Le — he's a very good fighter — but I would like to fight him. We both have an NHB-style of fighting that mixes up a lot of different types of techniques and I think it would be a good fight. Even though Keita beat me in bare knuckle karate, I think that I would have been the better selection to fight Cung Le because I'm much better in grappling situations. He definitely wouldn't have thrown me around like he threw Keita around."

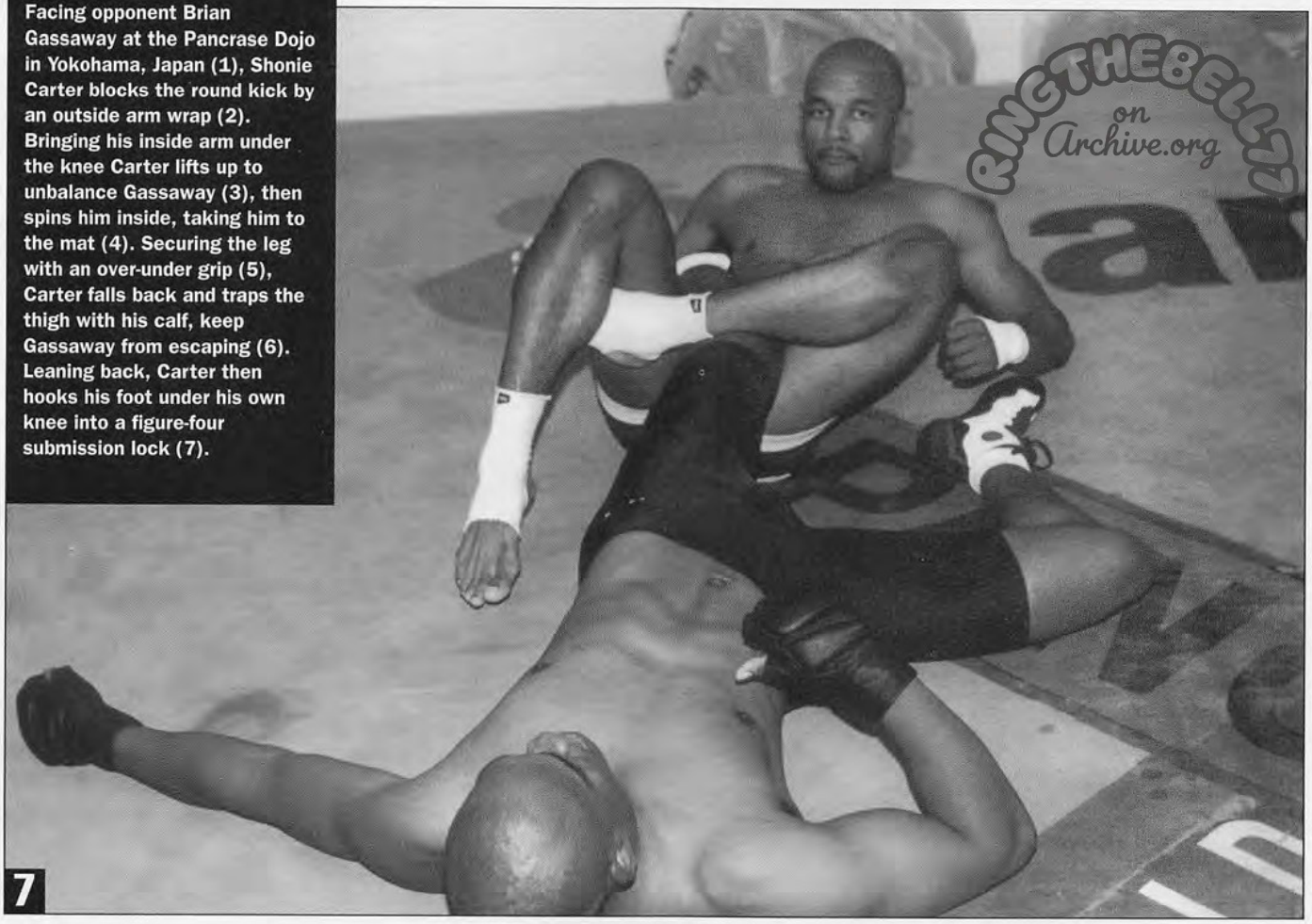
tell you why. In the Marines they taught you to overcome and adapt. To take a challenge head-on and don't ever give up. Also, my grandfather always used to tell me, "Shonie, its OK to give out, but its never OK to give up." So the next day I rededicated myself to my training. That was back when Extreme Challenge was very primitive. So after the fight Monty had an evaluation time afterwards with all the fighters who fought on that card. So I came in that day and I remember thinking that I'll be dammed if I let them think I'm a quitter or a loser. So we were all together and all working out - Pat Miletich was there, Dennis Reed, but Laverne wasn't, unfortunately - but a bunch of Iowa wrestling guys were. So I went through everyone. They looked at it like a training session but I had to prove to myself that I belonged with them after losing in 9 seconds. I didn't care who I faced - I just tore though everyone with takedowns and chokes and anything else I could get. So I let them know I wasn't a loser. But you know, you do get caught in this sport if you're out there looking for submissions. No one is undefeated and no one had never not been caught.

Q: So after that fight you went on a long winning streak?

A: Actually, it was after that training session. That was the beginning. That was when I knew what I was made of. I beat Dave Menne once and drew him once and I beat Andy Sanders out of Extreme Challenge, Phil Johns, Justin Wisniewski. I also did a lot of kickboxing and I beat a 9-time world kickboxing championship. Then I fought Miletich and that was what finally snapped my winning streak. I was in Extreme Chal-



Facing opponent Brian Gassaway at the Pancrase Dojo in Yokohama, Japan (1), Shonie Carter blocks the round kick by an outside arm wrap (2). Bringing his inside arm under the knee Carter lifts up to unbalance Gassaway (3), then spins him inside, taking him to the mat (4). Securing the leg with an over-under grip (5), Carter falls back and traps the thigh with his calf, keep Gassaway from escaping (6). Leaning back, Carter then hooks his foot under his own knee into a figure-four submission lock (7).



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Facing Brian Gassaway at Pancrase Yokohama in Japan (1), Shonie Carter blocks the left hook by trapping to the outside (2). Moving in, he clinches Gassaway to prevent him from punching (3), then throws him with a devastating backwards supplex (4), and goes to the side and prepares to mount (5).

lenge 3, 4, 5, 16, 23, 27, and some more I can't remember off the top of my head.

Q: When was the first time you fought out of the United States?

A: The first time, outside of wrestling, was in Beijing, China when I kickboxed against the All-Asian San Shou Team. And I won the gold medal in that. San Shou is actually a mixed-martial art that not a lot of people know about, because it incorporates kickboxing with throws. No groundwork but a lot of throws. I really wanted to fight Cung Le, but never got a chance, and I still want to fight him. He recently fought a superfight in K-1 against Muhammed Keita, who TKO'd me in a shidokan match. He's the bare knuckle USA champ and Cung Le fought him in a san shou match and beat him easily. But Keita is really good in bare-knuckle karate but anything with grappling involved he is lost.

Q: What was your next big fighting experience?

A: I'd have to say Pancrase. It was a little bit of a shock. I tell the guys back in Chicago - and there's a lot of mixed-martial arts fighting that goes on there - that once you take your act onto the international road it's an an exponential step up. My first fight in Japan was against Takafumi Ito and it ended in a draw. And that was one tough fight and it really woke me up to the quality of opponents that you meet in the Orient, but particularly in Japan. It really forced me to refocus my training and to raise my entire game to a much higher level.

Q: Is the fighting mindset more intense among fighters and fans in Japan?

A: I think the audience is much more knowledgeable and respectful than in the U.S. And I don't mean to knock the U.S. audiences, but the Japanese fans are more aware of what is going on. Maybe it's because judo is so much more an integral part of their culture than in the U.S. There are times that a fight is one the ground for a while — and if it was in the U.S. you'd probably have some booing — but the Japanese fans know what is going on. But I love American crowds for their energy. Some of the funniest things you'll

Continued on page 102

Just Released

"Conditioning for Combat Athletes"
BY KARL GOTCH

Five years ago this video was made for remembrances - not for commercial purposes. It is part of the Karl Gotch legacy. How did "The God of Pro Wrestling" get his men into phenomenal shape? What exercises did he have them do? How was he able to make them big and strong without weights?

Until now, it's been a mystery. But now you can find the secret conditioning exercises that will take you to the top.

This video contains 65 years of experience, including centuries old "proven" and "time-tested" exercises from all parts of the world, picked up during Karl Gotch's travels. The tape starts with simple exercises and builds to the more difficult ones. See Hindu squats and pushups, and various other body-weight exercises. Then watch as Karl's student practices the art of rope climbing like never before. First he goes up with hands and feet. Then with hands alone. Then with a rope in each hand. And then, the most amazing feat of all ... watch in awe as Karl's student climbs the rope upside down!

"If Karl hadn't agreed to release this tape, these proven and incredibly effective exercises would be lost forever. To put it mildly, these exercises have changed my life."

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After you see this you'll be motivated to train like never before. But there is a lot more to be seen after that, including the little known art called "bridging gymnastics" and the still rings. Awe inspiring material that WILL greatly benefit any combat athlete or fitness enthusiast.

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If Karl would have gone into detail for every possible way to work each exercise in the video, it would have taken several hours. So, instead, he has given the essence of what it takes to put you on the road to success ... doing so in a fraction of the time.

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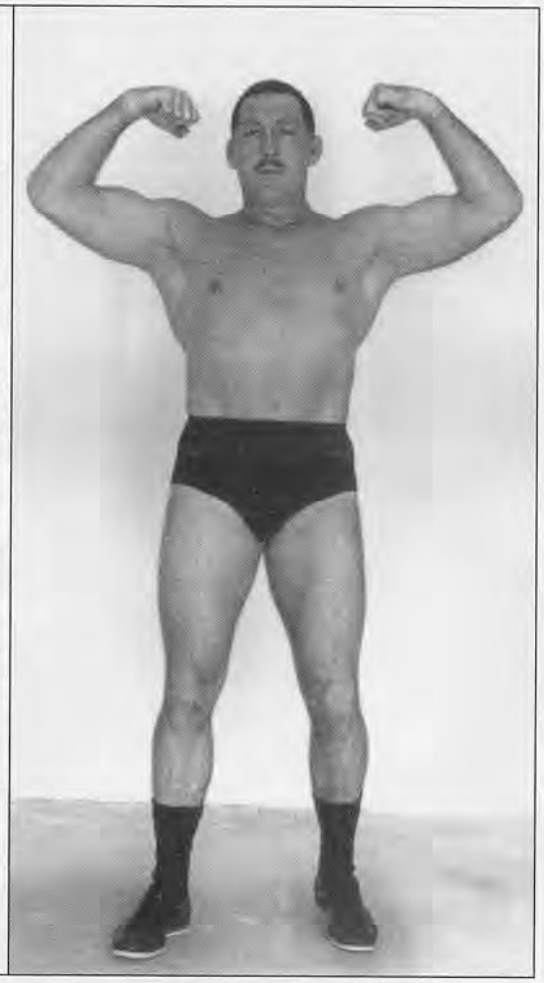

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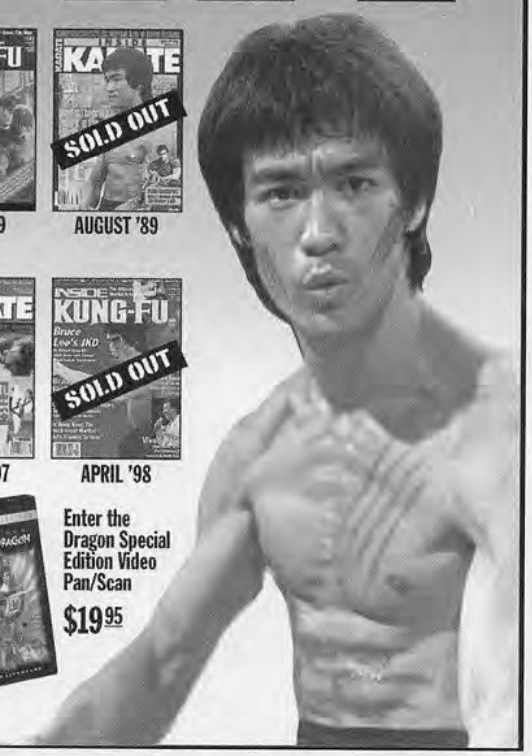


Dennis Kang punishing Minoru Suzuki.

Three Kings

Pancrase's Night of Champions

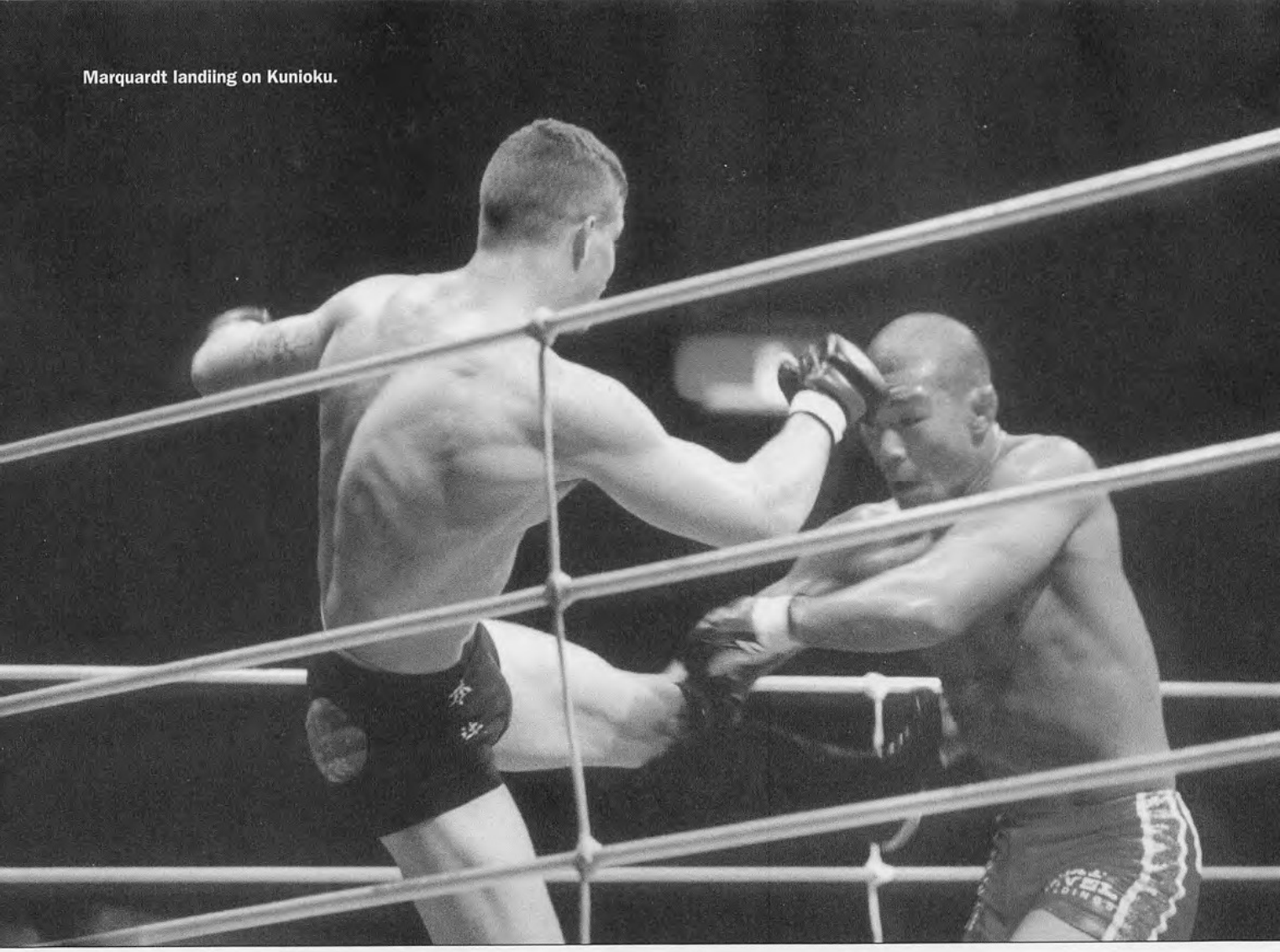
Story and photos by Todd Hester

Of all the fighting organizations in the world, Japan's Pancrase has one of the most storied histories and has played host to some of no-holds-barred's greatest champions.

Bas Ruttan, Masa Funaki, Vernon "Tiger" White, Monoru Suzuki, and Ken Shamrock are all fighters well-known to the modern mixed-martial-arts public. But what is not so well-known is that they also participated in the very first Pancrase show on September 21, 1993, in the Tokyo Bay N.K. Hall. (For the record, in front of a packed house of 7,000 Japanese fans, Ruttan KO'd Yanagisawa, Shamrock choked Funaki, White lost by arm bar to Fuke, and Suzuki choked Ingaki).

Since that time, Pancrase has continued to expand, holding 11 to 14 events per year in Japan and drawing competitors from 26 cities in 14 countries, including Japan, America, Holland, Australia, Brazil, Russia, Armenia, Austria, England, Korea, India, Canada, France, and Sweden. Throughout the world, Pancrase is one of the most sought after shows to compete in, and Pancrase fighters are considered among the world's elite martial artists. While never having expanded outside

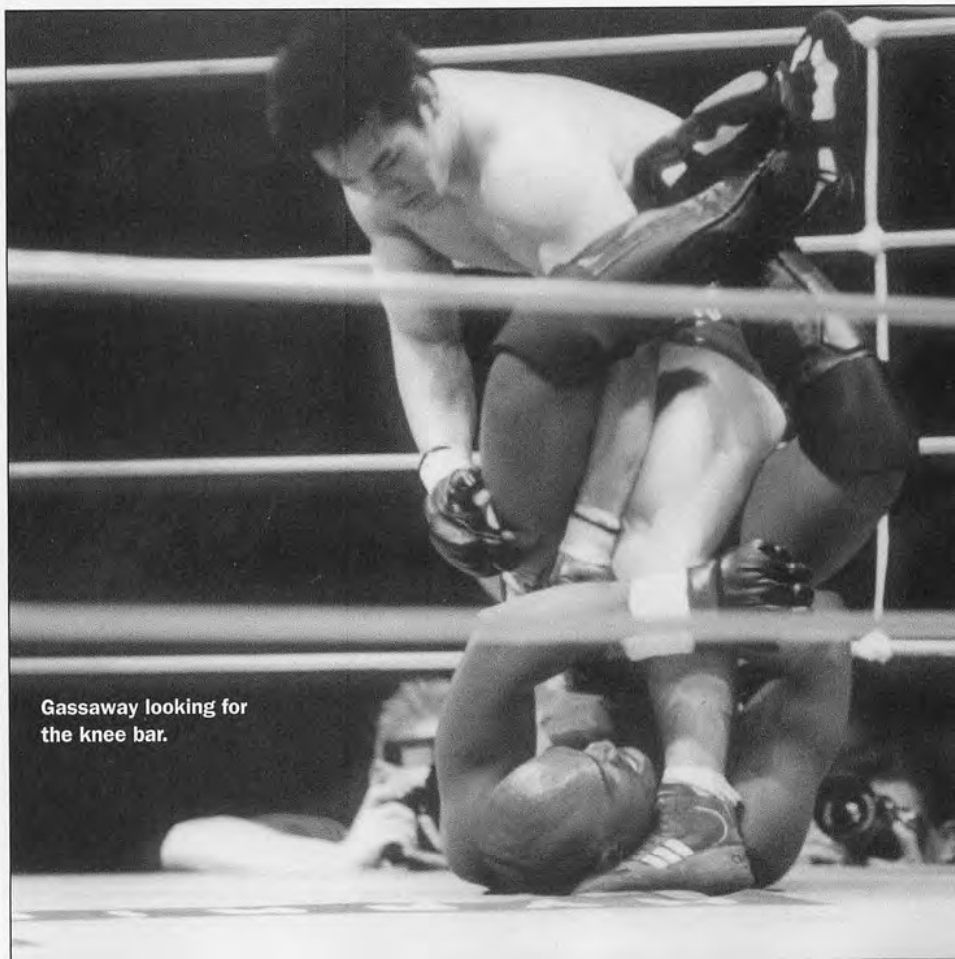
Marquardt landiing on Kunioku.



Japan's natural borders, Pancrase is very highly regarded in its home country and fans generally consider Pancrase to be among the most technical of all martial arts fighting events and the fighters some of the most skilled.

A Who's Who of Fighters

A look at the names who have competed over the years reveals a Who's Who of mixed martial artists both past and present: Matt Hume, Maurice Smith, Remco Pardoe, Jason DeLucia, Frank Shamrock, Larry Papadopoulos, John Renfroe, Allan Goes, Guy Mezger, Todd Medina, Yuki Kondo, Osami Shibuya, Semmy Schilt, Oleg Taktarov, Pete Williams, Joe Charles, Jason Godsey, John Lober, Tra Telligman, Omar Bouiche, Igor Zinoviev, Justin McCully, Adrian Serrano, Evan Tanner, Travis Fulton, Jeremy Horn, Ebenezer Braga, Chris Lytle, Eddie Millis, Victor Hunsaker, Shonie Carter, Brian Gassaway, and



Gassaway looking for the knee bar.

numerous others.

Some of Pancrase's most memorable fights included Maurice Smith's third round KO over Minoru Suzuki in an absolute war; Masa Funaki's 1 minute KO of Tiger White; Ken Shamrock putting Bas Ruttan to sleep after 16 minutes, and then coming back in the same year to beat Funaki and Yamada both on the same night; Frank Shamrock's heel hook win over Tiger White; and many, many others. Throughout all these years two fighters - Masa Funaki and Minoru Suzuki - fought again and again, almost single-handedly keeping Pancrase alive for the Japanese fans and giving them heroes to cheer for.

Fighting without regard to weight or height, Pancrase is truly a test of skill, courage, heart, and stamina. Those who possess those attributes in quantities not found among lesser men eventually fight their way to the top and receive one of martial arts most coveted awards: The King of Pancrase title. Some of the elite who have laid claim to that lofty position include Ken Shamrock, Bas Ruttan, Guy Mezger, Frank Shamrock, Jason Delucia, and Masa Funaki.

Shonie Carter and Nathan Marquardt battle for the title.

Gassaway throwing heavy leather.

Three Kings

On September 24th, 2000, an event occurred that had never before been seen in Pancrase's seven year existence - three kings were crowned in one night. In an attempt to give of different weight class fighters a chance to gain a title without opponents who could be as much as 50 or 60 lbs. heavier, the Pancrase Organization held two tournaments to crown the light heavyweight champion and the middleweight champion, in addition to a single superfight to decide the traditional open class King of Pancrase.

As with all pancrase events the fighters were all highly technical and the Japanese fighter, in particular, were very well-schooled in leg locks. Part of that tradition comes from the extensive work that legendary catch wrestler Karl Gotch did with both Suzuki and Funaki in their early years. Indeed, walking into P.J.'s Studio, the official pancrase training center only one block away from the fight venue, the Yokohama Cultural Gymna-

Omar Bouiche looking good early against Kei Yamamiya.

sium, the first thing that meets your eye is a framed picture of Karl Gotch hanging behind the front desk. Rumor has it that Suzuki bows to the picture of Gotch every morning out of respect and loyalty.

Americans in Japan

Making the trip from America was mixed-martial arts specialist Shonie Carter, a wrestling champion who owns victories over fighters as elite as Dave Menne. Coming with him from Chicago was Brian Gassaway, the tough Shidokan heavyweight champion. Joining them from just down the road in Indianapolis, Indiana was Jason Godsey protégé Chris Lytle, and Indiana's Nathan Marquardt, who had prepared for this match by training daily at the main pancrase dojo for the past several months and was rested, relaxed, and ready to rock. In addition to the tournament fighters two Americans had come over for the night's two superfights leading to the main event for the open class KOP. Joe "Ghettoman" Charles, out of Los Angeles, one of NHB's most recognizable and colorful characters, and the tough Dennis Kang from the Maucus Soares BJJ academy in Canada.

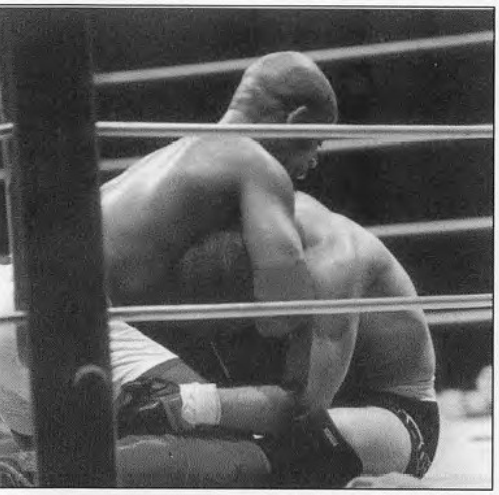
Middleweight Semifinal

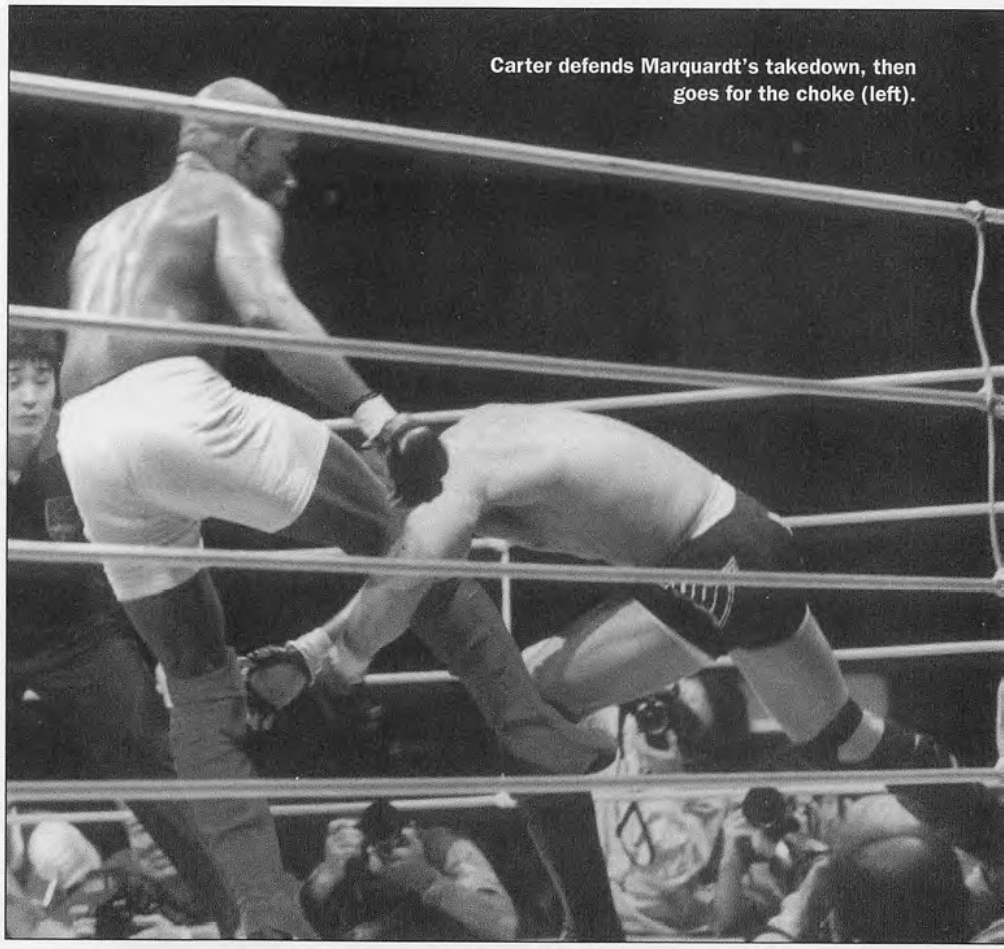
The first fight of the night, in front of the 4,000-plus fans that filled the gym to near capacity, was between middleweights Japanese Kiuma Kunioku and Nathan Marquardt. Ranked second in the open division, the Japanese fans expected Kunioku to sweep by his middleweight opponent - not! Coming out very aggressively, Marquardt set the tone of the fight with constant attacks, keeping Kunioku off-balance and unable to put together any offense. While the fight was slow at times, and the Japanese crowd typically pin-drop quiet, Marquardt won the battle of position and got the upset unanimous decision.

Up next were friends Shonie Carter and Chris Lytle in a battle of wills. The day before the fight the two were talking very jovially and were on best terms. But like the professionals they are, when the bell rang they were all business. Lytle initially came out hard but was quickly taken down by Carter, who used his quickness and deceptive strength to take and keep the superior positions. Several times during the fight, each man had the other in a dangerous positions only to lose it via an escape. After one 10 minute round and a 3-minute overtime Carter got the clear, but hard fought win.

Light Heavyweight Semifinals

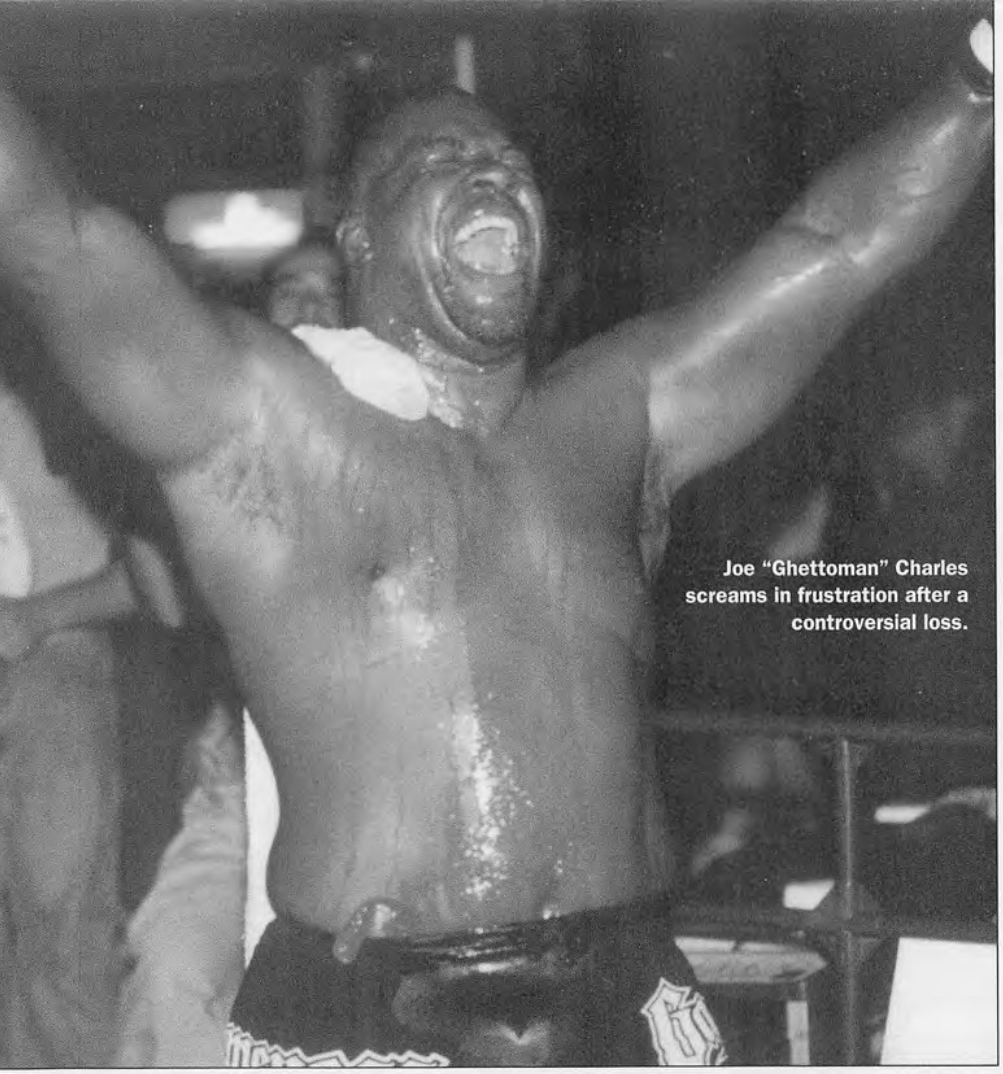
Kei Yamamiya faced off against Omar Bouiche of Sweden, who has actually trained extensively in submission with both Erik Paulson, Rickson Gracie, and in Brazil for several months. In the training session before the fight, Bouiche was flowing fluidly with anyone who wanted to work out and was very impressive even with Jason Godsey, who is skilled and much bigger. However, when the fight started, Bouiche stayed on his





Carter defends Marquardt's takedown, then goes for the choke (left).

Scary Semmy Schilt pounds a game Shibuya.



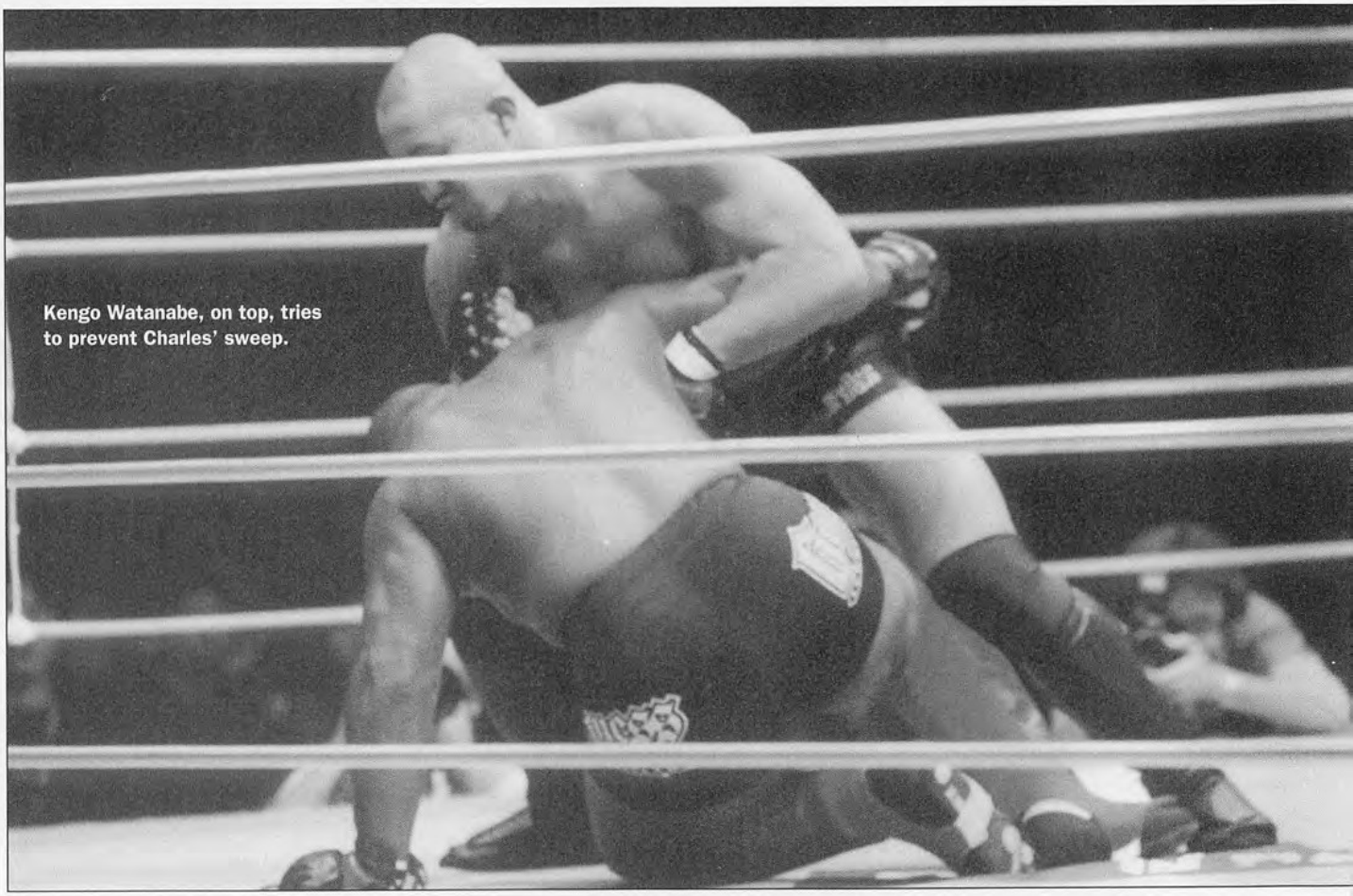
Joe "Ghettoman" Charles screams in frustration after a controversial loss.

feet and swung and was tentative about going to the ground. When he finally did tangle with Yamamiya be got caught in a front choke and put out at the six minute mark. Bouiche was impressive in practice but didn't show any of that level in the fight. I suspect with a bit more competition experience Bouiche will be one to watch.

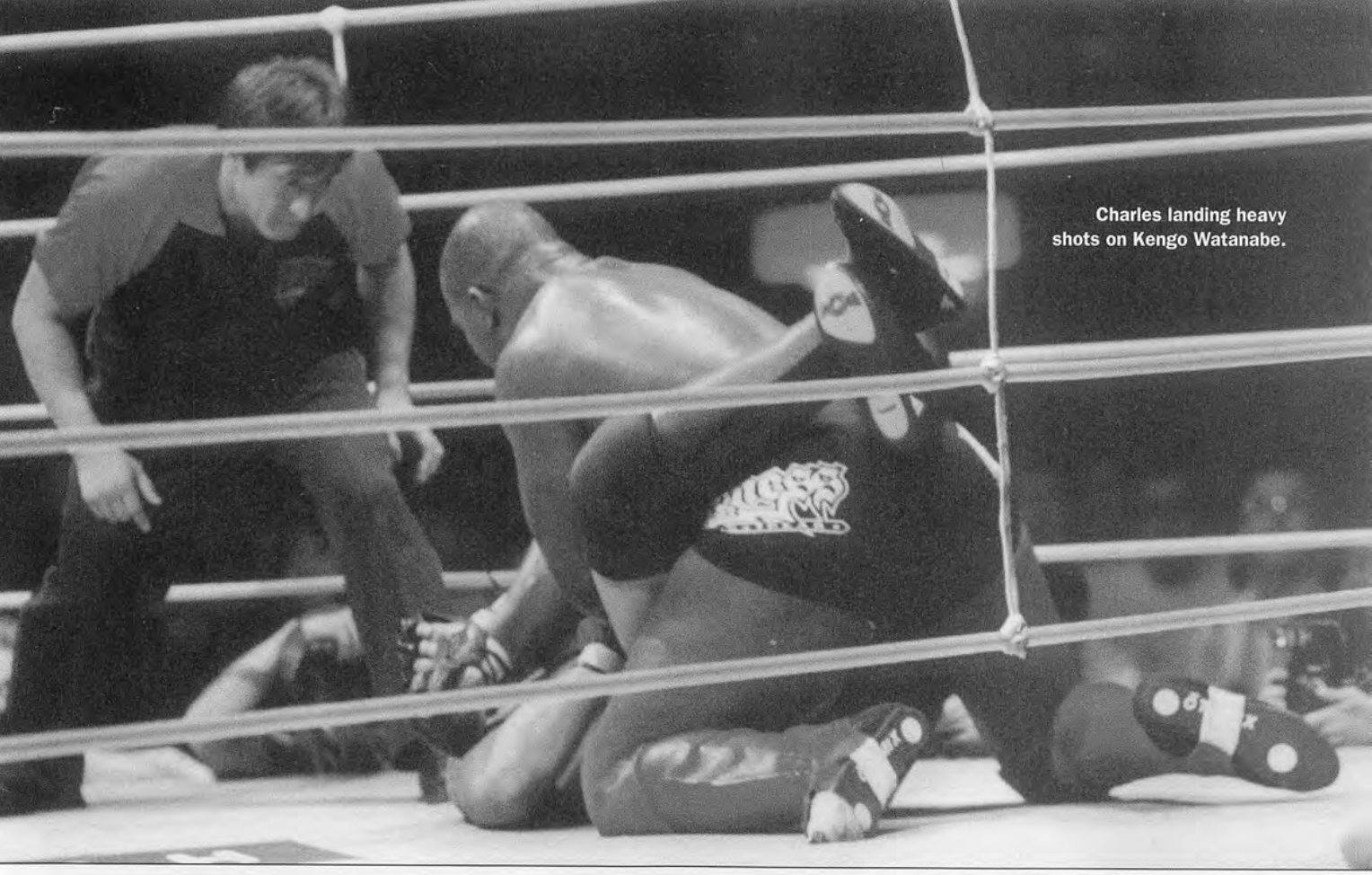
The other semifinal matched Ikuhisa Minowa against Chicago's Brian Gassaway, a bare-knuckle karate expert who holds the shidokan heavyweight title. Gassaway never got off in this fight and seemed to not want to let his hands go, letting Minowa come in at will. Predictably, with no punches from the striker to keep him back, Minowa tapped Gassaway at about the 5 minute mark with an ankle lock. Gassaway is athletic, strong, and quick and he needs to let himself take advantage of his physical gifts. I'm not sure the best man won this man, but the most skilled one did.

Middleweight Finals

You've gotta' love Shonie Carter. Walking into the ring for the finals, he

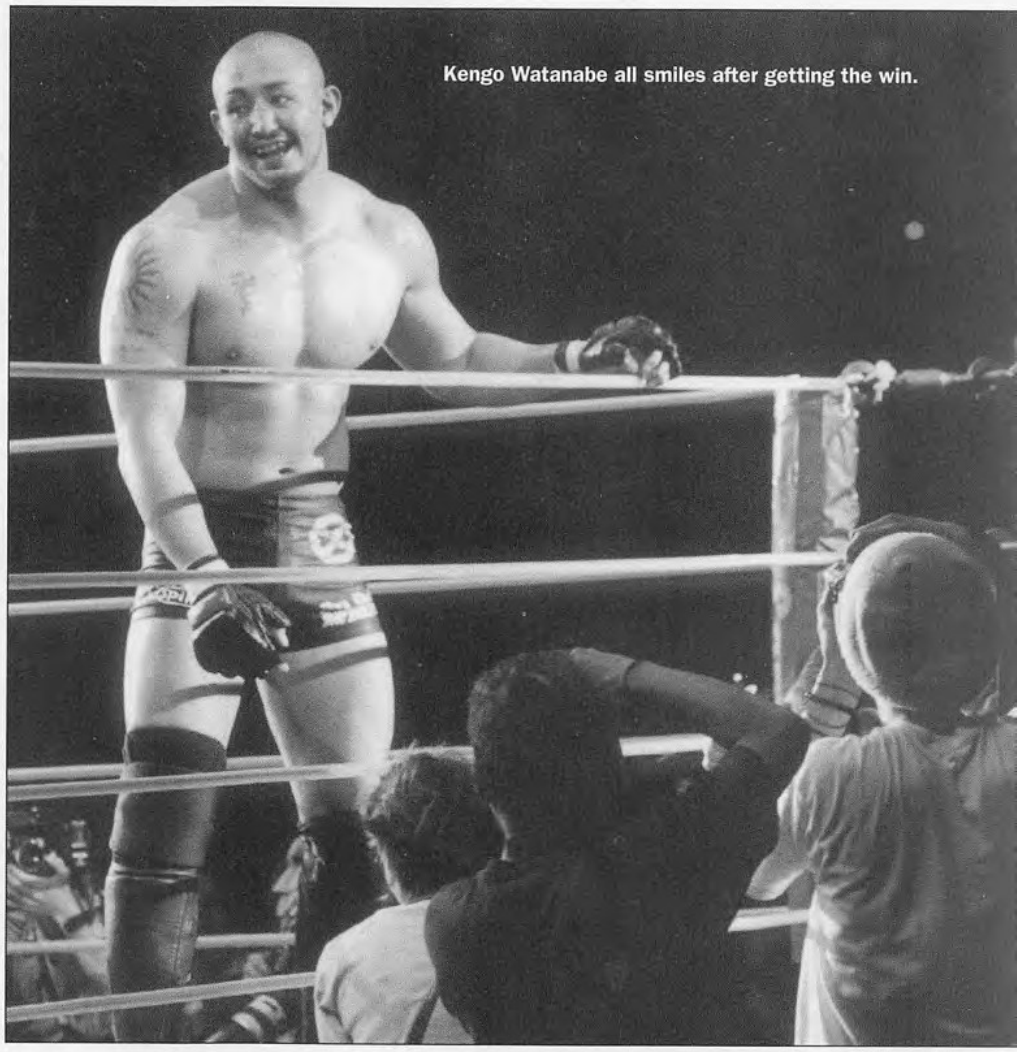


Kengo Watanabe, on top, tries to prevent Charles' sweep.



Charles landing heavy shots on Kengo Watanabe.

sported an Al Capone gangster hat, an overcoat, and he got into the rind by doing a front flip *over* the top rope. When you say Shonie Carter is "over the top," you aren't just using a figure of speech. His showmanship brought gasps from the reserved crowd and kept them buzzing for several minute afterwards. Nathan Marquardt made a much more conventional entrance, but it did not seem to have any bearing on his fighting ability. For a 10-minute first round, and two three-minute overtimes Marquardt matched Carter move for move and punch for punch. Actually, by my card (and not to take anything away from Marquardt) I had Carter slightly ahead in the first round, and slightly ahead in the second round. But with his extensive training is Japan he appeared to be a "hometown" favorite and it became clear the Carter would have to knock him out or submit him to win. This didn't happen and Marquardt actually got Carter's back late in the last round for a few seconds, which was enough for the judges to give him the unanimous victory and crown him the first Middleweight King of Pancrase.



Kengo Watanabe all smiles after getting the win.

Light Heavyweight Finals

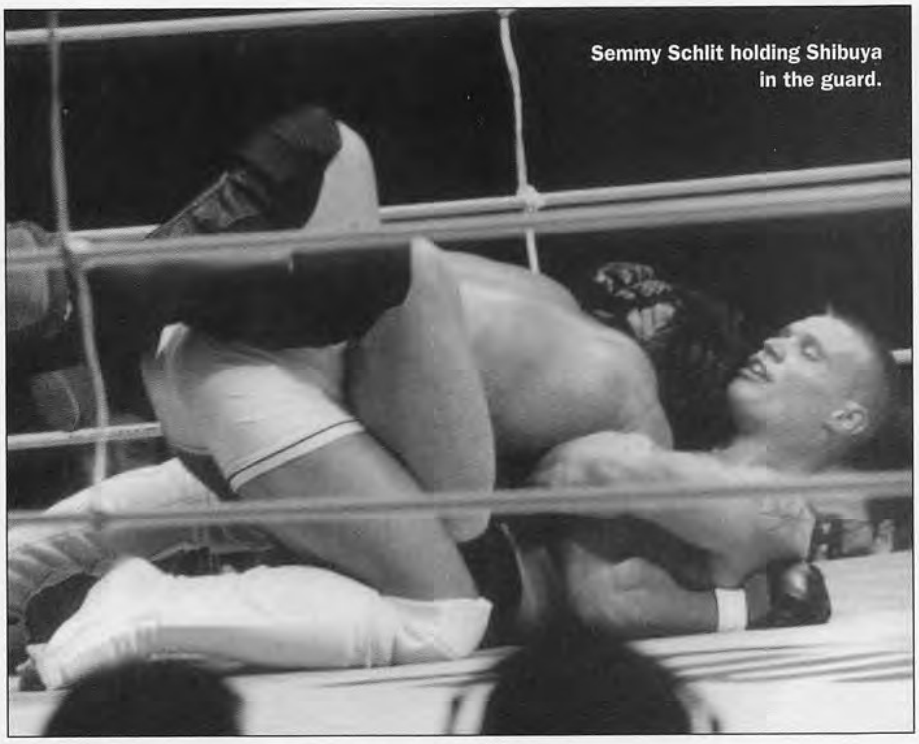
As is often the case when two fighters from the same country meet, with identical styles, Yamamiya vs. Minowa was somewhat of a snoozer. I had a hard time telling them apart, their fighting styles were so close, and they both seemed happy to go to the ground and stay there. If this would have been in the U.S. you would have heard some boos. As is was, the Japanese crowd was just dead quiet - but they are quiet when viewing an exciting fight too, so maybe they liked it. Anyway, after two overtimes that seemed even longer, one of them was awarded the decision over the other. Don't quote me on this, but I think Yamamiya won and was crowned first Light Heavyweight King of Pancrase - Where have you gone, Masa Funaki? A nation turns it's lonely eyes to you…

Superfight 1

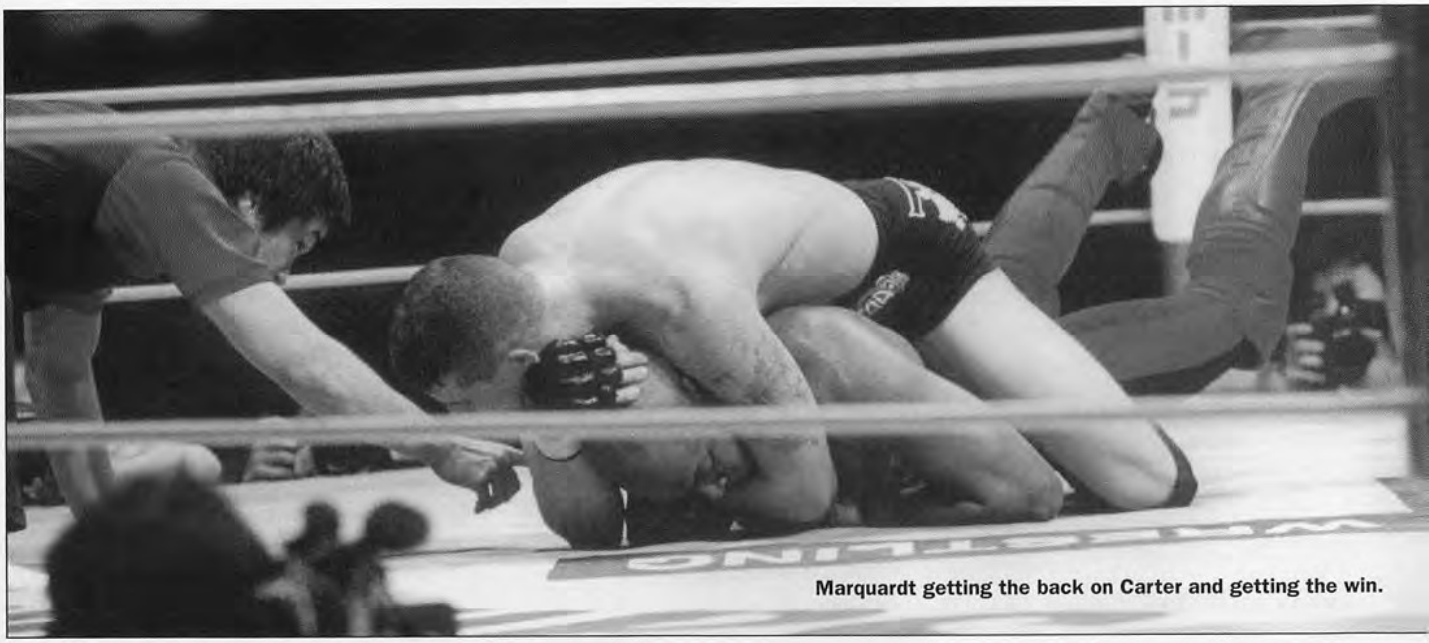
Joe Charles vs. Kengo In the first single fight, American Joe Charles took on the muscular and tough Kengo - a Japanese who looked like he could go one-on-one with Godzilla. Charles is a fighter, no doubt about it; he'll come after you and bang, and a few years ago when he was in his prime he couldn't get a fight because people were afraid of him. He's older now, with a little less power, but still an intimidating figure in the ring. He came at Kengo hard at the opening bell and promptly met a crushing right hand that dropped him to the canvas. I thought the fight was over - and most fighters would have stayed down - but Charles managed to hang on, clear his head, and then actually reverse Kengo and go on top. After landing some heavy shots, the referee stood them back up - the only time I saw that all night - giving Kengo an out. Charles threw a few of his patented rolling axe kicks, one of which caught Kengo in the mouth, forcing him to go to the ground and mount Charles to avoid further punishment. Even though I thought that Charles dished out more punishment from the bottom than Kengo did from the top, the fight went the distance and Kengo got the unanimous decision. In the U.S., Charles gets the win - or at least the tie.

Superfight 2

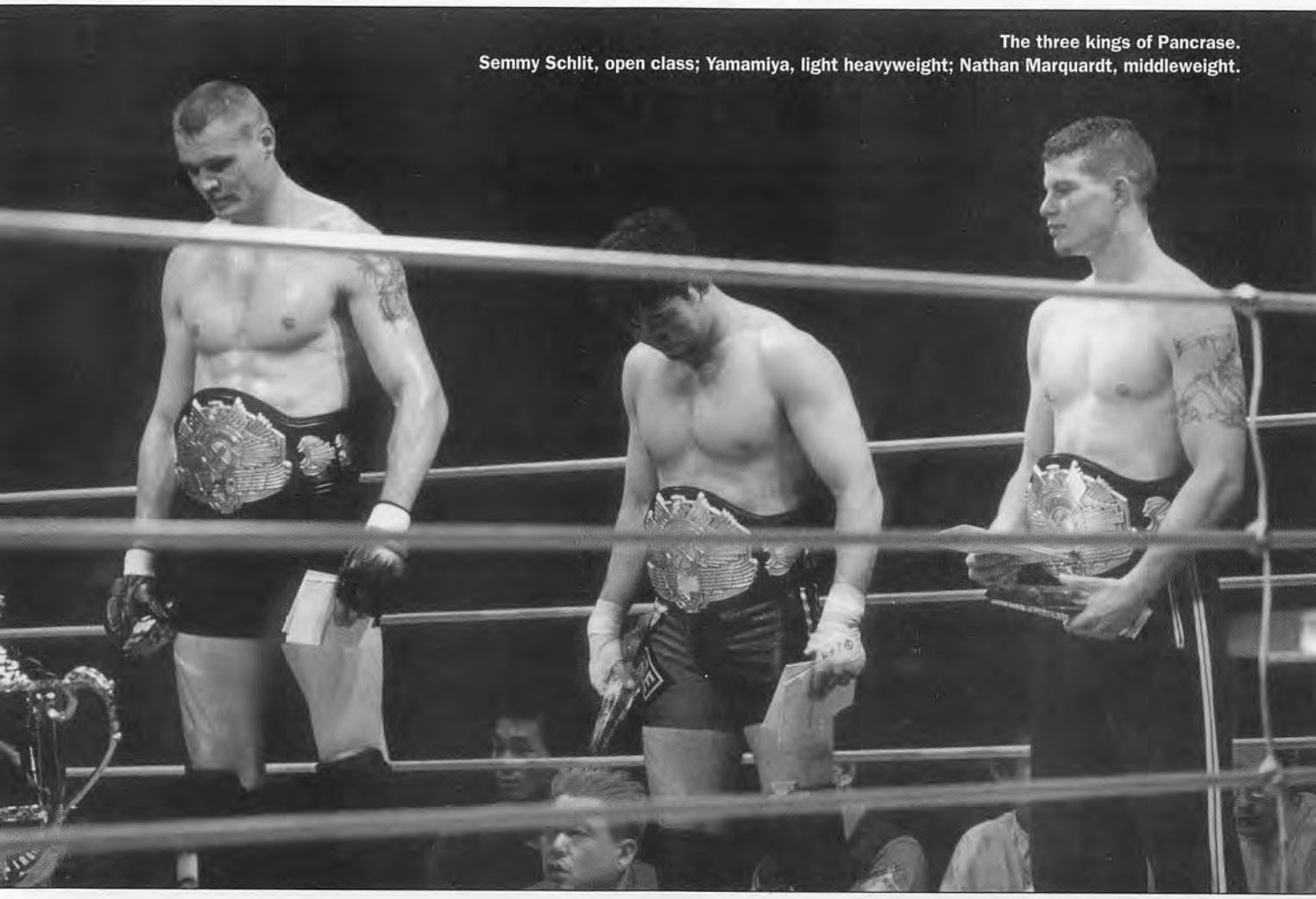
In what was a big surprise to me, Dennis Kang of Canada tapped out Suzuki of Yokohama Pancrase Dojo early in the first round with a barrage of punches. For many years Suzuki was "the man" in pancrase and it almost seemed that he fought this match simply to get the fans in. He is still highly skilled but not as aggressive or powerful as Kang, who simply brought too much strength



Semmy Schlit holding Shibuya in the guard.



Marquardt getting the back on Carter and getting the win.



The three kings of Pancrase.
Semmy Schlit, open class; Yamamiya, light heavyweight; Nathan Marquardt, middleweight.

and speed for him to handle.

Open Class King of Pancrase

Semmy Schilt is a monster - and I say this with all due respect. You'd say it with respect too if you got a chance to stand close to this 6'11" tall, 230-pound fighting machine. He is so tall that you get the impression that he is a man fighting boys. A kickboxer who is also pretty good on the mat, his size gives him a tremendous amount of leverage. And facing opponent Shibuya, a talented fighter in his own right, Schilt used that leverage time and time again to turn Shibuya over and mount him whenever it seemed that he might be losing the advantage. To his credit, despite being vastly outsized, Shibuya put up a great fight, throwing punches, going for the takedowns, and attempting several submissions in a very active and entertaining performance. But in the end Schilt's size and overall ability to use that height advantage was too much for Shibuya to handle as he was punched out from the mount nine minutes into the 20-minute match.

Conclusion

After seeing my first pancrase event in person, I have to say that I was very impressed with the technical skill of all the fighters - but especially the Japanese. They are well-skilled and well-trained and they try foot locks and knee bars from almost any angle and any position. Physically, they have a tough time matching up to some of their Western opponents but they are fierce, fearless, competitive, and they do not give up. This was embodied in the battle that Shibuya gave to Schilt - a true hero fighting a losing cause.

On the American side I was impressed by Shonie Carter and Nathan Marquardt - it was a shame that someone had to lose that match as they were very evenly matched and both showed heart and desire. Dennis Kang pulled off the upset of the night and it will be interesting to see where he goes from here. Is he a genuine force or did he just catch a fading superstar on an off night - time, as always, will tell.

Beyond a doubt, however, Semmy Schilt, in becoming the 9th King of Pancrase was the story of the night. He is extremely impressive and I was already watering at the mouth thinking about a fight between him and Kerr, him and Coleman, or him and Rodriguez - about the only person I don't want to see him fight is me. Like I said, he is scary. You just have to wonder how long pancrase will be able to hold him before he breaks out and gets a huge multi-year deal with one of the larger Japanese shows.

Pancrase might tend toward the slow side upon occasion due to the fact that the fighters are very technical. But if you appreciate true grappling and fighting skills, not mindless brawling, then pancrase is *the* event for you!

Olympic Notepad

By Karl Gotch

The God of Wrestling gives some candid and perceptive comments on the Sydney Olympics, Alexander Karelin, and past and present Olympic heroes.

Yesterday I had a visit with Terry, a good friend I met years ago. He hurt himself working out with weights when he wrestled in high school and, to make a long story short, I helped him recover. It is beyond me why coaches make athletes today use iron weights instead of their own body weight. Terry was so agile it was unbelievable. I had a couple of boys come to me for some advice because they needed help and knew that the old man would help you if you did what you were told and kept your mouth shut. All of the boys who came to me were agile, but Terry was outstanding. When he bridged, his back-bend was so great that his head came between his feet. He was a natural for throwing because as they say in the Nordic countries, "Victory goes over a bridge."

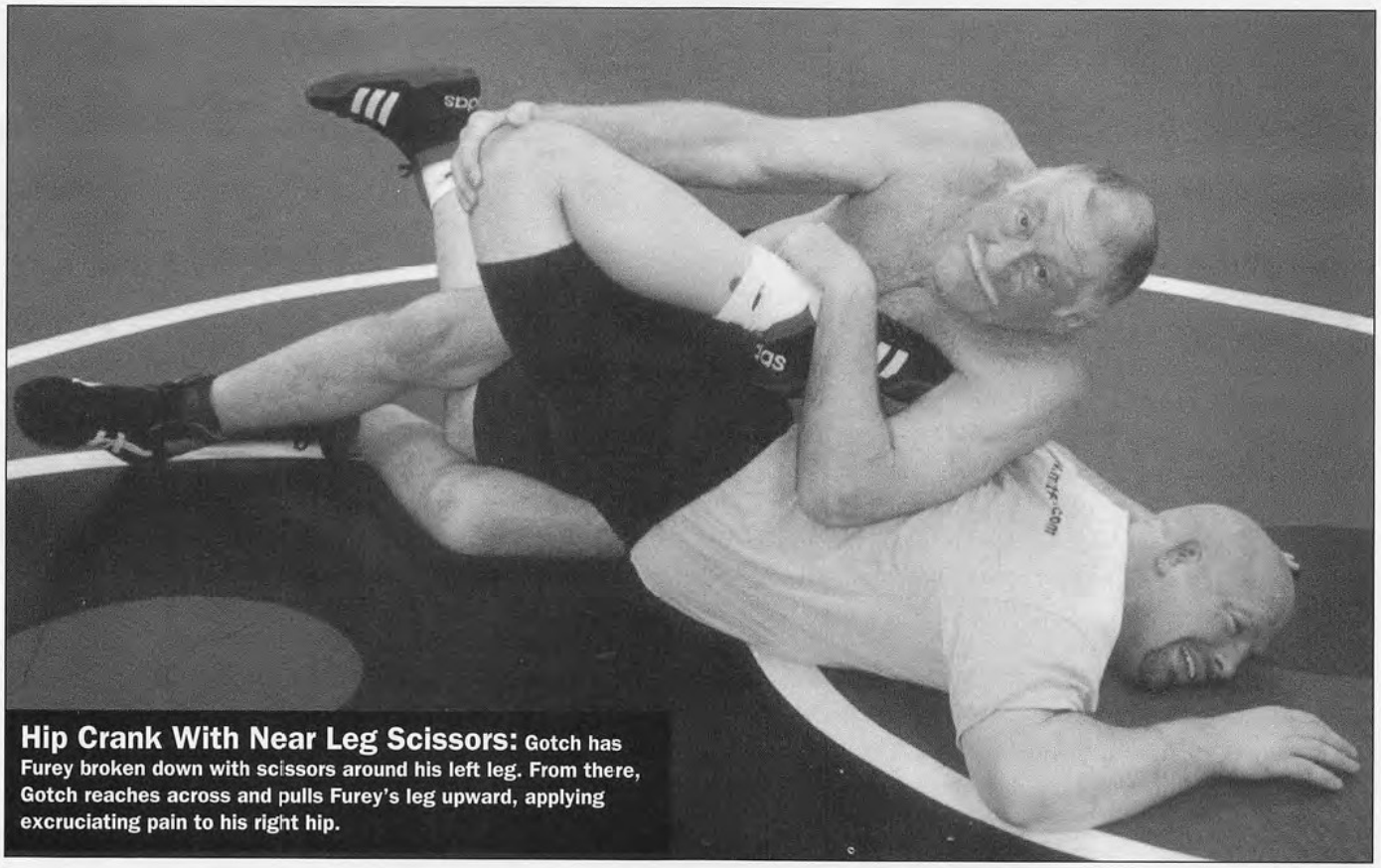
When Terry came by, I knew he wanted to talk about the Sydney Olympics. When he asked me about it, I told him that the Games had become a joke and had gone from one extreme to another. The athletes now are mostly professionals, they get big prize money when they win, and make a fantastic living playing the sport they represent. What a farce this is when you think back to what happened to Jim Thorpe. They'll do anything now for endorsements.

When I was a boy in the old country, there was a big bookstore that had a special picture frame to display photos of the greatest athletes. In it once, they had a picture of Jesse Owens sitting on a massage table. The build on that man was that of a Greek god. He was the first runner I ever saw with a build like that. Lenny Riefenstahl was the woman who made a famous movie of the Berlin Olympics called *The Gods of the Stadium.* To me, Jesse Owens was like the god Zeus, sitting on the throne of Mt. Olympus. He was the first man to win four gold medals, but he should have been given a fifth one for being the kind of MAN he was - and he really does deserve that word in capital letters.

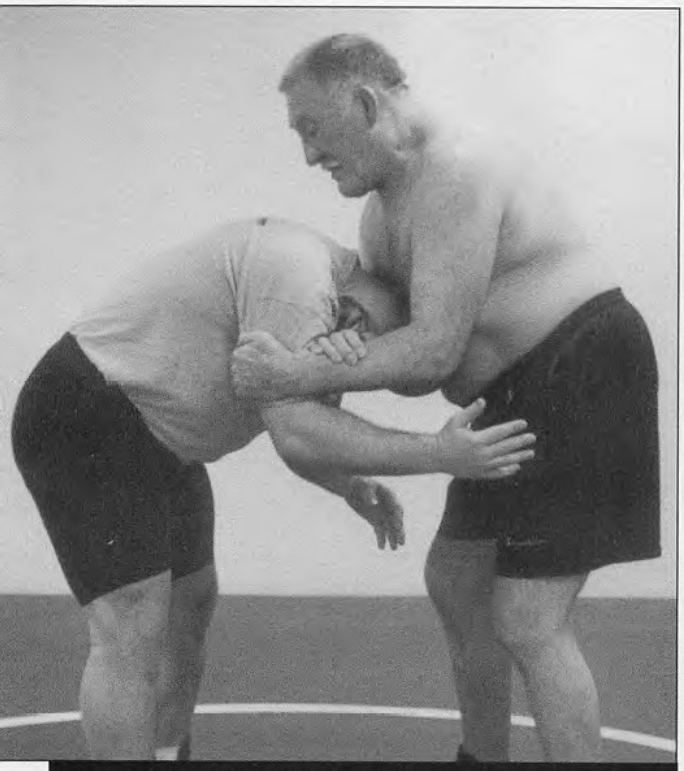
Finally, Terry finally asked me if I thought that Alexander Karelin of Russia was the greatest wrestler of all time? Many people want to know who is the greatest wrestler, or boxer, or fighter. This is impossible to truly determine. You can only go by time periods. One thing that I can say about the wrestlers and other athletes when I was in the '48 Olympics was that at least they were all amateurs. As for the current rules of wrestling, I wonder who made them up? It sure as hell cannot be the wrestlers themselves, or anybody who ever truly practiced the sport. What was once a 20-mintue bout was reduced to 15. Then it went down to 12 minutes. Now it's a measly six minutes. They should at least keep it at a 10-minute minimum, before overtime. If you can't wrestle 10 minutes, you're in the wrong sport. I won't get into the new rules now, because it'll take another 20 pages to explain how lousy they are - so I'll just say they're lousy.

Now for the $64,000 question, what is my opinion of Karelin? Is he the greatest Greco-Roman wrestler of all time? Well, as I said earlier, you have to go by periods. In this era, and until his gold medal match in Sydney, Karelin has dominated. But let's look deeper into the issue.

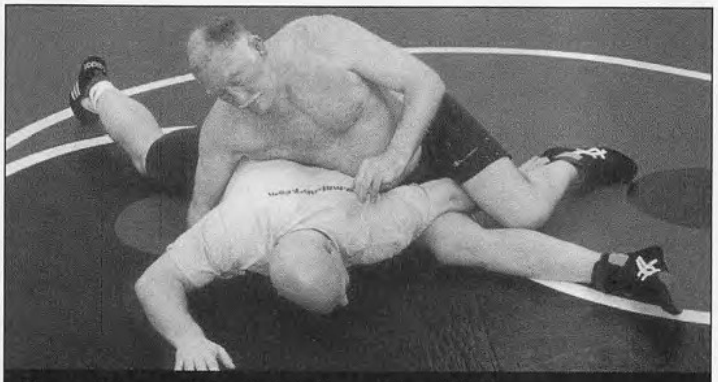
Not long ago someone brought a tape by for me to watch. It contained many clips from the matches of Alexander Karelin. As I watched the tape I said, "His strategy is strength. He has the size and the power, but his technique is not that great." Being that Karelin only wrestles Greco, the danger is from the waist up. Well, the way he's built, wrestling him is like attacking one of those old castles with the draw bridge up and the gate closed. I commented that "If he ever faces a man of the same size and strength, his luck will run out because technique will enter the picture and size and strength will be out." Well in this Olympics, Karelin went up against a big, strong, country boy and he couldn't do a thing with him because he



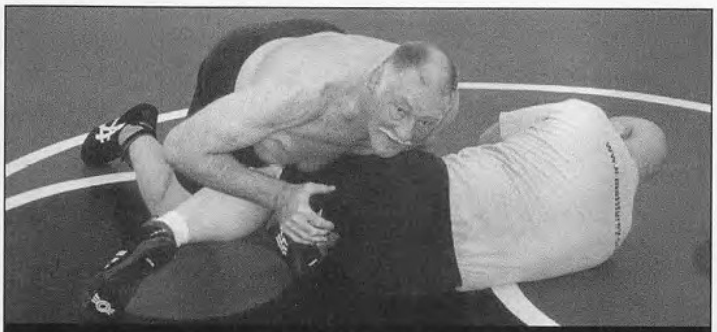
Hip Crank With Near Leg Scissors: Gotch has Furey broken down with scissors around his left leg. From there, Gotch reaches across and pulls Furey's leg upward, applying excruciating pain to his right hip.



Front Face Lock: In Wigan, England, where Karl Gotch first learned the art of catch wrestling, one of the most important holds to master was the "groffit" - which was called the front face-lock in this country. When the fulcrum is properly placed on this hold, your opponent will throw in the towel without a fight. Note that Furey's head is trapped on Gotch's abdominal muscles. This is the true version of the front face-lock. When you see someone doing it with the opponent's head in or near the armpit, you're seeing an ineffective show hold.



Face-Down Straight Arm-Bar With Unscissored Legs: Now how would you get into this hold? The method is top secret. Here Gotch traps Furey's left arm between his unscissored legs and applies pressure to the elbow.



Far-Side Gotch Toe-Hold: This hold was taught to the great Frank Gotch by his mentor, Martin "Farmer" Burns. It just so happens that the European Gotch (Karl) is pretty good at it as well. Once the fulcrum is in place and the pressure is applied, the ligaments of Furey's ankle and knee don't feel so stable. This means something is going to tear and he should tap.

Pancrase Fighting Techniques

By Omar Bouiche

A former karate practitioner who learned real-world applications in Sweden's toughest bars, Omar Bouiche is one of Sweden's best known martial artists, and a cutting edge figure who has spearheaded submission fighting and mixed martial arts in his native country. "It all began when I saw Royce Gracie in the UFC," says Bouiche. "He just took my breath away and I knew what he did was something I had to learn." Saving his money for several months, Bouiche caught a plane to Los Angeles and promptly started making the rounds of the BJJ and Shooto training centers. "I trained with several of the Gracies," Bouiche recalls, "and also Shooto with Eric Paulson. Then when the money ran out I went back to Sweden and started teaching it to other bouncers. As little as I knew about submission, I blew everyone away."

After going to L.A. several times, Bouiche finally met up with Bas Ruttan who told him, "I'm going to get you a fight in Pancrase." Several months later, true to his word, Ruttan had Bouiche on a flight to Japan. "Bas is a man's man who takes care of people," Bouiche says. "You ask anyone and they'll tell you how great he is about helping people out. Like many people, I owe a lot to him."

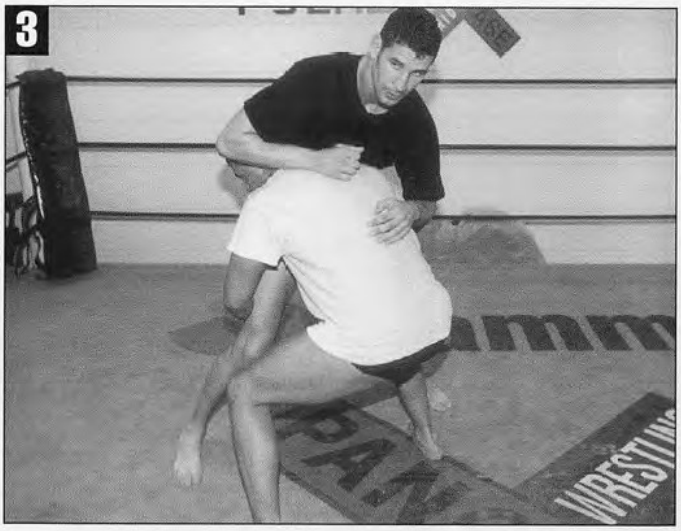
Soon competing in Pancrase events, Bouiche found out that the rules favored his eclectic style. "I came from a striking background and then learned submission," he says. "So I was very comfortable with their organization. I actually think the most technical fighters are Pancrase fighters – you have to know all aspects of fighting or you will have a very tough time. I like to mix kickboxing entries with submission finishes. I real life, or in a fight, you never start from the knees and start grappling. You have to face the man, create an opening, and then get close enough to engage him."

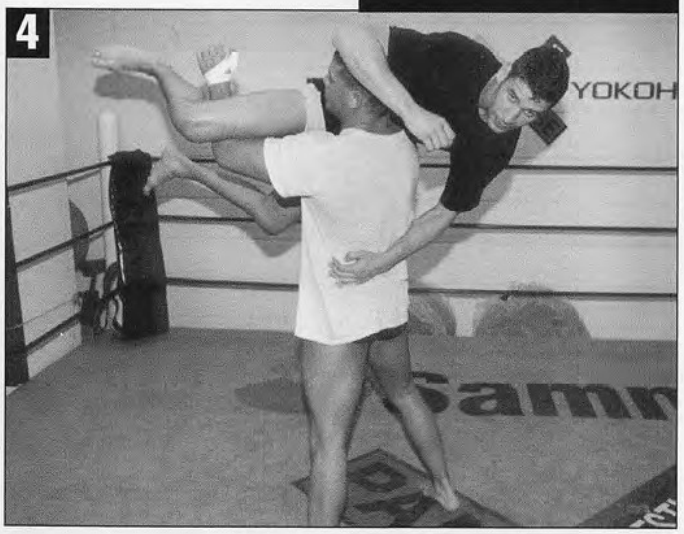
Stand-up Attack With A Finishing Knee

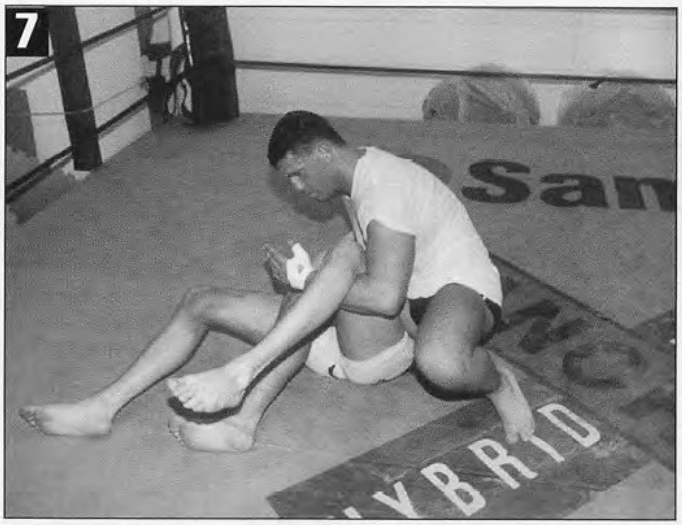
Facing his opponent (1), Bouiche blocks his hand to the outside (2), pins the outside arm with his neck and clinches behind the head (3), and finishes with a knee-smash to the face (4).

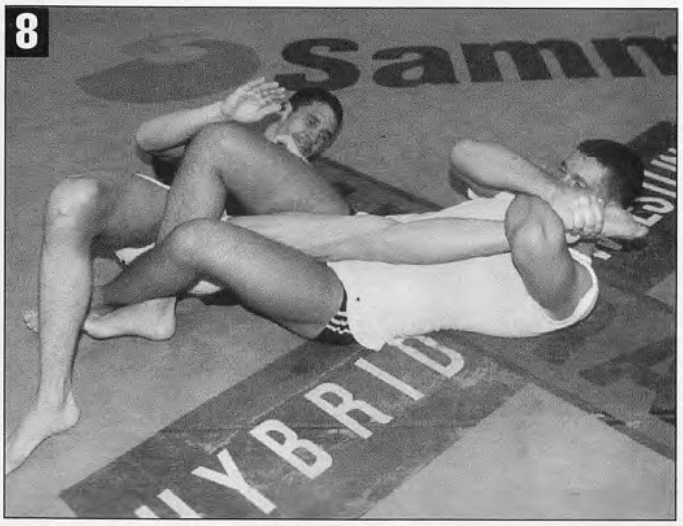
Punching Attack That Transitions To A Knee Bar

Facing his opponent (1), Bouiche lands a straight right (2), goes to the legs (3), lifts his opponent up (4), and slams his down (5), where his takes the knee-on-stomach position (6), spins to the legs (7), and finishes with a straight leg lock (8).









Pancrase Fighting Techniques

Punching Attack With A Knee Finish

Facing his opponent (1), Bouiche blocks a right (2), blocks a left (3), and then counters to the body (4), doubles up to the face (5), clinches the neck muay Thai style (6), and smashes a knee to his opponent's face (7).

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was lacking in technique. He's been getting away with strength for years, but in the end his need to use strength was his downfall and his biggest weakness.

Now, do you want to hear about another truly great Olympian? Well, in the 1932 Olympics in Los Angeles, there was a man named Ivar Johansson, a Swede. He wrestled freestyle in the middleweight division (79 kg). He won the gold medal in freestyle, and he won it while cutting weight down to the next division (72 kg), where he would compete in Greco-Roman. This was done so that his fellow countryman, Axel Cadier, could also compete in the Games. So this great man competed in freestyle and won the gold while he was dropping seven kilograms of weight (15.4 pounds). Then he won the gold in Greco-Roman, too, in the same year, in the same Olympics! This feat has only been done by one man, Ivar Johansson. Incidentally, his teammate, Cadier, took the bronze.

In 1936, at the Berlin Olympics, there were great wrestlers in all the weight classes. But there was one man, Kristjan Palusalu, a super-heavyweight from Estonia, who won the gold in both freestyle and Greco-Roman. A great accomplishment, no doubt, but he didn't have to worry about cutting weight like Johansson did.

World War II interrupted the Olympics for a spell, then in 1948 they were held again in London. The Turks dominated, winning four golds out of eight in freestyle and two in Greco-Roman. They also took four silvers and one bronze. But of all the men in this Olympics, one man, Yasar Dogu, stood out the most and won the gold in the welterweight division (73 kg).

About conditioning, strength and technique, as I always say, "Talk is cheap, money buys whiskey." Let me mention a few wrestlers who had all of the above. Number one on the list is Alexander Medved of Russia. He finished off Takhti, the legendary grappler from Iran, in the light heavyweight division. Medved then moved up to heavyweight where he completely ruled that division until he retired. Medved won three gold medals in freestyle (1964, 1968, 1972). Then there was Ivan Yarygin, also from Russia. When everyone talks about how Dan Gable won the gold medal in 1972 without giving up a point, we must not forget that Yarygin pinned his way through the same Olympics.

Let me finish by mentioning Chris Taylor of the U.S. against Wilfred Dietrich of Germany. This match was the proof I used when telling Terry that Karelin's strategy was all strength and little technique. Chris Taylor weighed 450 pounds and could truly move his weight. Dietrich weighed no more that 110 kilograms. And the most famous throw in Olympic history is Dietrich going into a bridge, throwing the big, strong, and powerful Taylor like he was a lightweight. Now when I repeat the saying, "Victory goes over a bridge," all you need to do is study that picture and you'll know what it means.

During World War II I was forced into slave labor in Nazi concentration camps from 1942 until I was liberated in 1945. I worked with many Russians. Of all the Slavic people, their cursing was the worst. Well, when Karelin and Gardner went into the second period in the gold medal match, they were forced to begin in a Cumberland/Westmoreland lockup (one arm over, one arm under) which gives possibilities for a hip throw and other moves. However, in Westmore and Cumberland, when they wrestled this style, if one man had an advantage in arm length when locking his hands around the other, they allowed him to lock his hands with a handerchief. It may be possible that the big, barrel chest of Gardner caused Karelin to lose his grip. At any rate, I'll bet a dollar to a doughnut that the words Karelin mumbled to Gardner were not, "I give up," like Gardner politely said. What Karelin really said is probably better left to the imagination!

Karl Gotch's new video, Conditioning for Combat Athletes, *is available for $49 plus $5 S&H by calling Matt Furey Enterprises at 813-994-8267. For more information on Karl Gotch visit www.combatwrestling.com.*

Karl Gotch Bio

Karl Gotch was an Olympian in 1948 for Belgium in both Greco-Roman and freestyle wrestling, and was a 14-time national champion who turned pro in 1950 after training in the famous Billy Riley Gym in Wigan, England, where he learned the art of catch-as-catch-can. Gotch later became known in Japan as *Kamisama*, "The God of Wrestling," for his amazing mastery of submission holds.

Karl Gotch on Muhammed Ali

"These multi-million-dollar Olympic crybabies seem to have conveniently forgotten how one former Olympic champion, who was ridiculed for tossing his gold medal into a river on pure principles, went on to make a fortune in the sport he mocked and was eventually asked to light the torch at the Atlanta Games because of his strong moral stand. I don't see a lot of strong moral principles coming out of any Olympic athlete today."

First-Team All-Gotch Olympic Wrestlers

1. **Ivar Johansson, Sweden, 1932 Olympics.** Freestyle Gold Medal at 79 kg, and Greco-Roman Gold Medal at 72 kg. Only man to ever win gold medals in two styles of wrestling at two different weights in the same Olympics.

2. **Kristjan Palusalu, Estonia, 1936 Olympics.** Freestyle and Greco-Roman Gold Medals in both super heavyweight divisions.

3. **Yasar Dogu, Turkey, 1948 Olympics.** First Olympics after WWII. Freestyle Gold Medal at 73 kg.

4. **Alexander Medved, Russia, 1964, 1968, 1972 Olympics.** Finished off legendary Iranian grappler Takhti in 1964 as a light heavyweight for gold, then ruled the heavyweight division in '68 and '72 with golds.

5. **Dan Gable, USA, 1972 Olympics.** Won gold medal without giving up a single point.

6. **Ivan Yarygin, Russia, 1972 Olympics.** Pinned every opponent he faced.

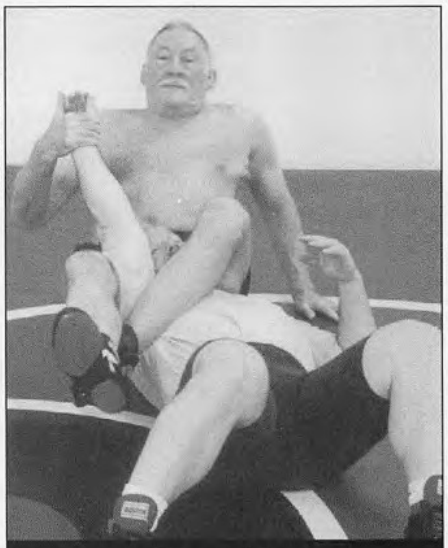
7. **Wilfred Dietrich, Germany vs. Chris Taylor,** USA. Executed the most famous throw in Olympic wrestling history when weighing only 240 pounds, he bridged and threw 450 pound Chris Taylor.

8. **Alexander Karelin, Russia, 1988, 1992, 1996, 2000 Olympics.** Ruled Greco-Roman for four straight Olympics with three gold medals and one silver medal.

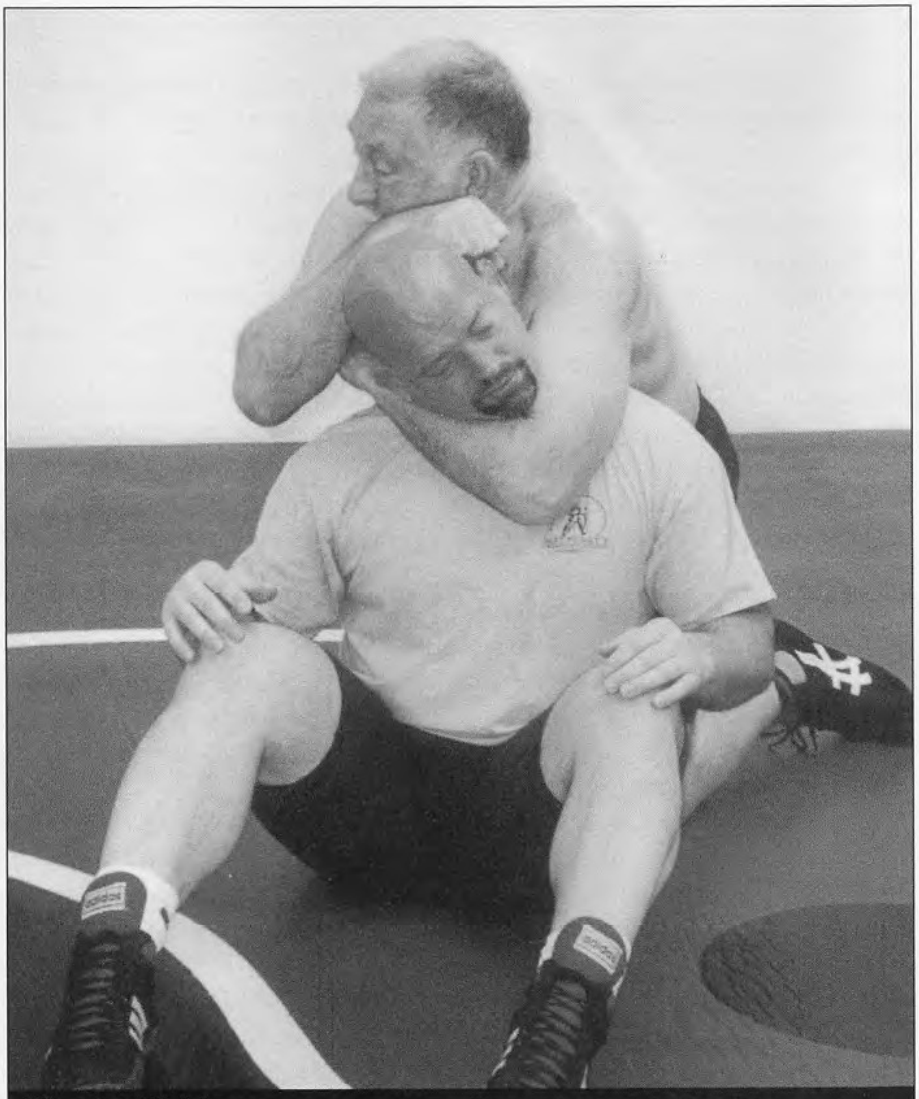
9. **Rulon Gardner, USA, 2000 Olympics.** Won gold at 2000 Games by handing Karelin his only loss in 16 years in a major competition.

Karl Gotch Techniques

Photos by Zhannie Furey

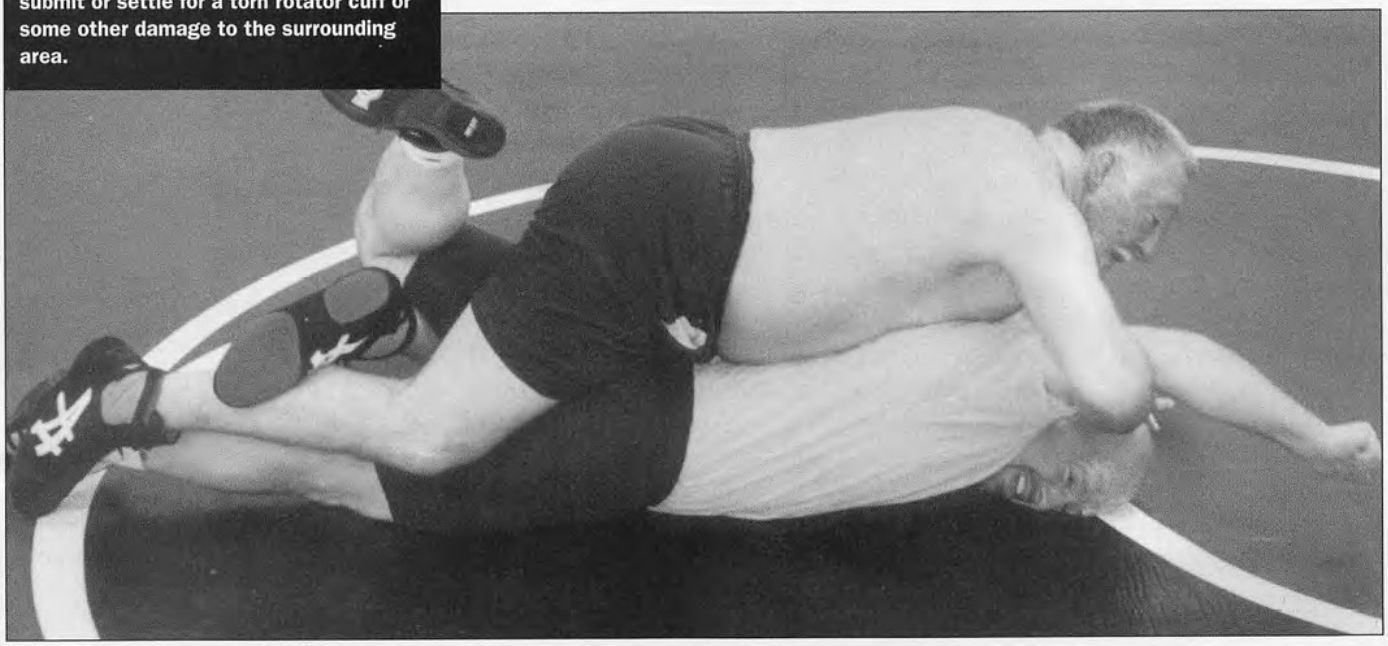


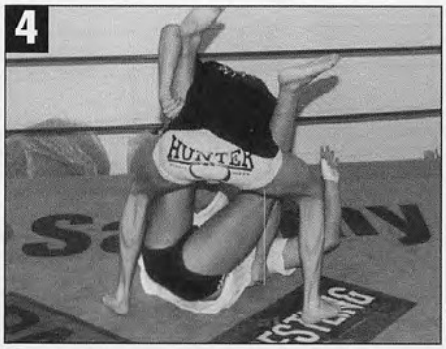
Reverse Figure-Four Sleeper Hold With Straight Arm Bar: Gotch has Furey in a reverse figure-four sleeper with a straight arm-bar. Once again, this is not a triangle choke, as chokes weren't allowed in catch wrestling. When this hold is on, it's lights out within a second or two.

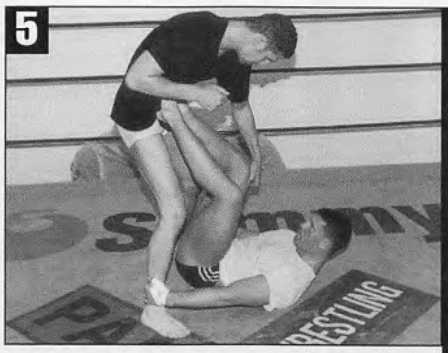


Sleeper Hold: Old time catch wrestling didn't allow choke holds. Chokes were referred to as "poverty holds" because they were used by someone who didn't know what else to do. A "sleeper" on the other hand, takes considerable skill to master properly. When most see this hold, it is common to try to wrongly choke the opponent and use strength. There's a big difference between applying pressure on the carotid arteries and applying it to the trachea or windpipe.

Half-Nelson With Figure-Four On Leg: Karl Gotch has Matt Furey's left leg trapped and elevated in a nasty figure-four leg lock. At the same time, Gotch applies the half-Nelson. With both elements are in play, Furey cannot roll to his back. Instead, he'll have to submit or settle for a torn rotator cuff or some other damage to the surrounding area.

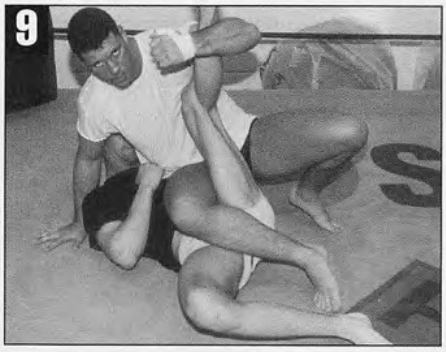


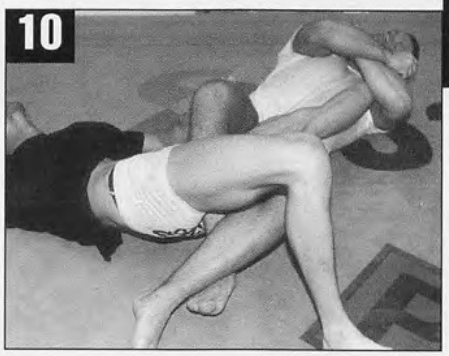


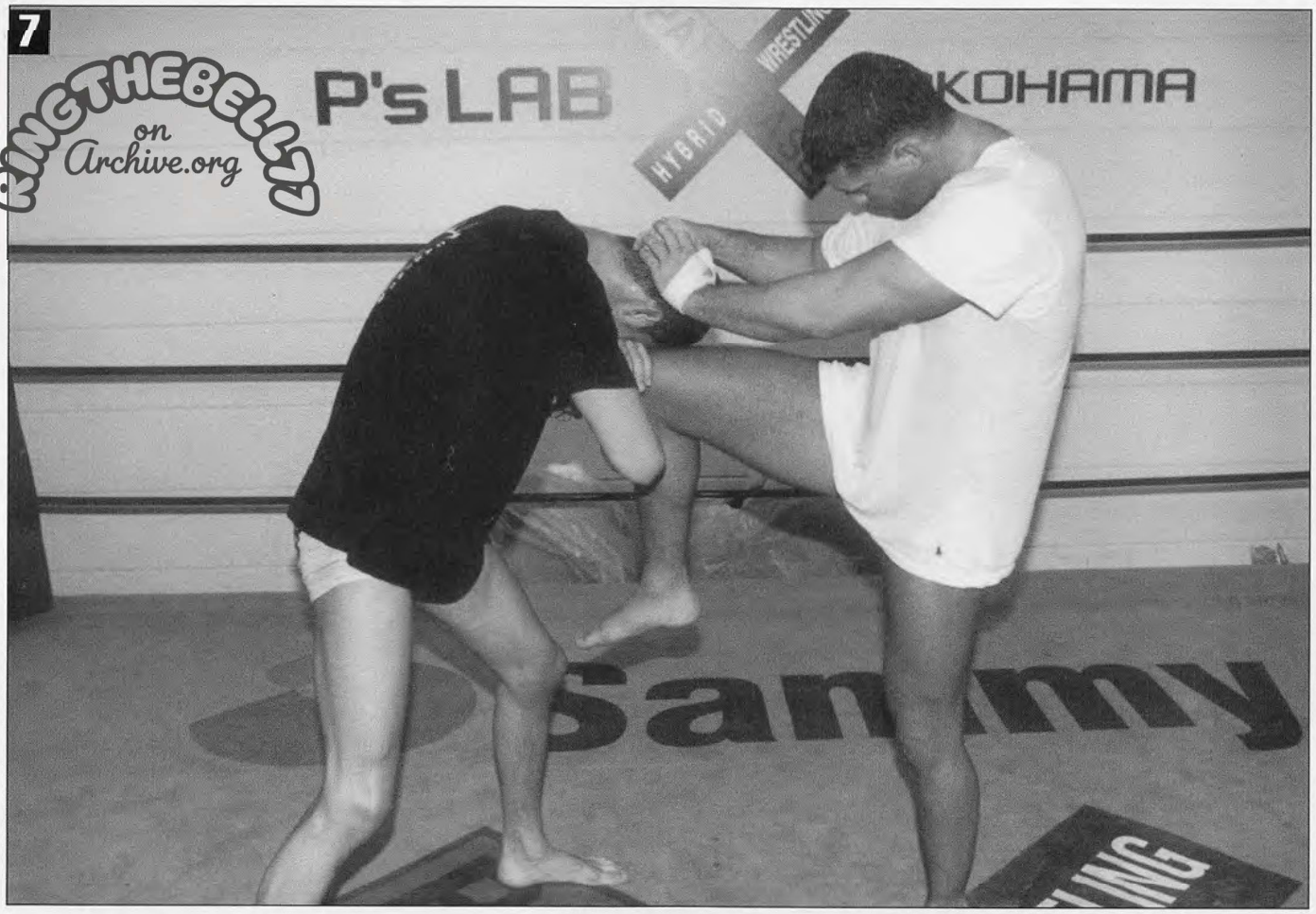


Kicking Attack That Transitions To A Knee Bar

Facing an opponent (1), Bouiche lands a right kick (2), but his opponent goes inside for the clinch (3), and takes Bouiche down (4). Controlling his opponent's hips with his knees (5), Bouiche sweeps his opponent to the ground (6), pressures the knee (7), goes on top (8), secures the ankle (9), and then finishes with a knee bar (10).







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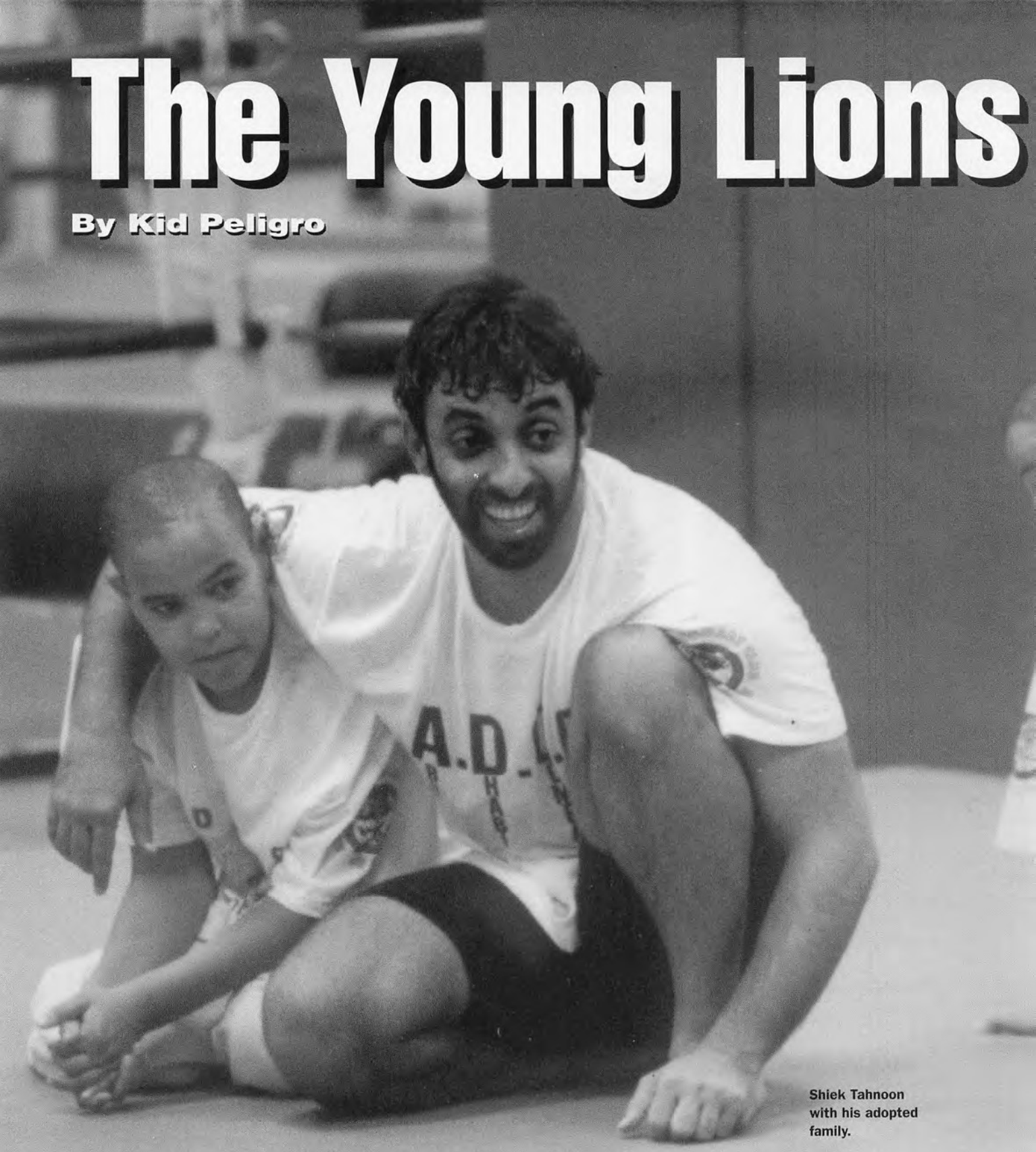
The Young Lions

By Kid Peligro



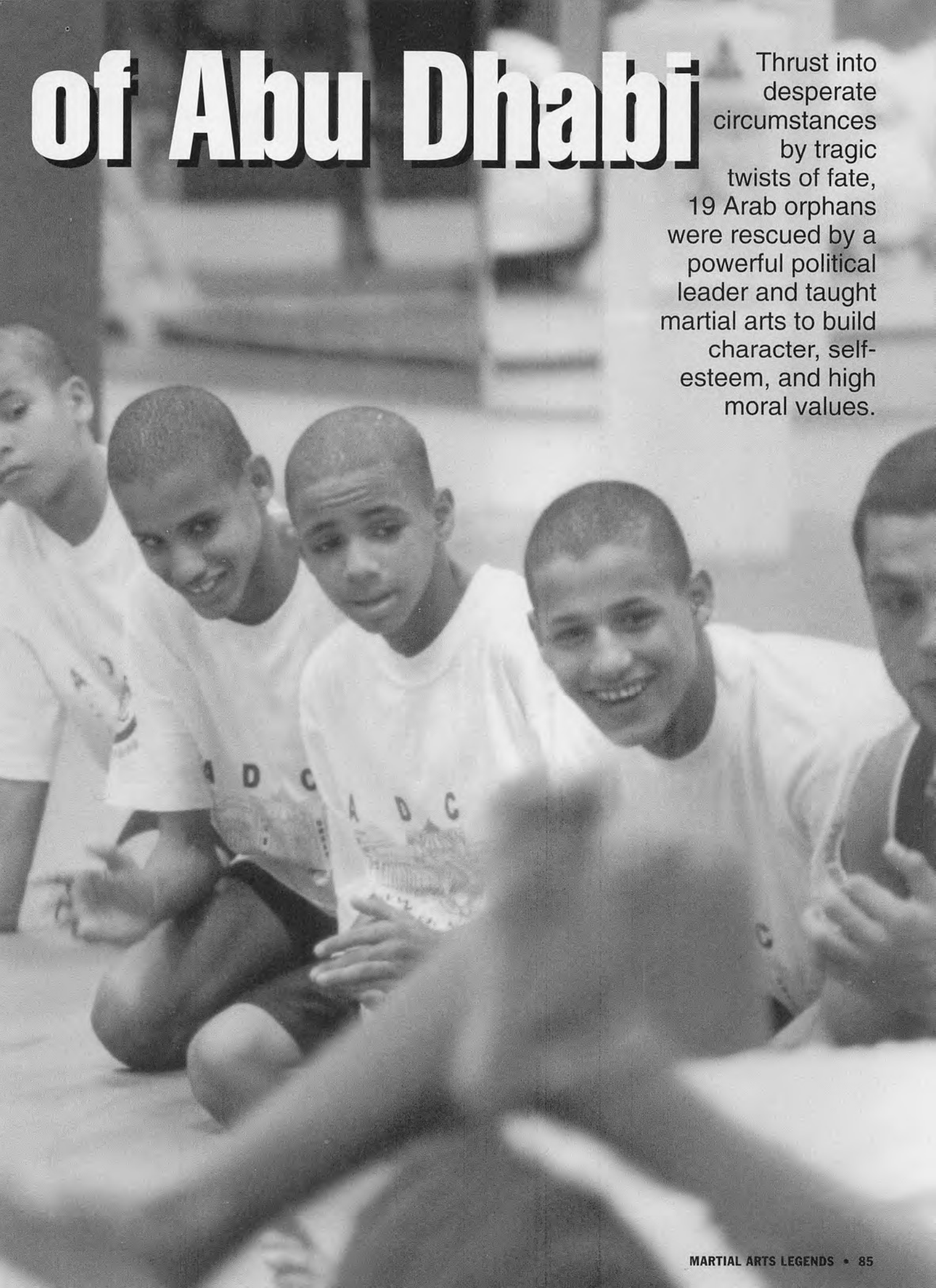
Shiek Tahnoon with his adopted family.

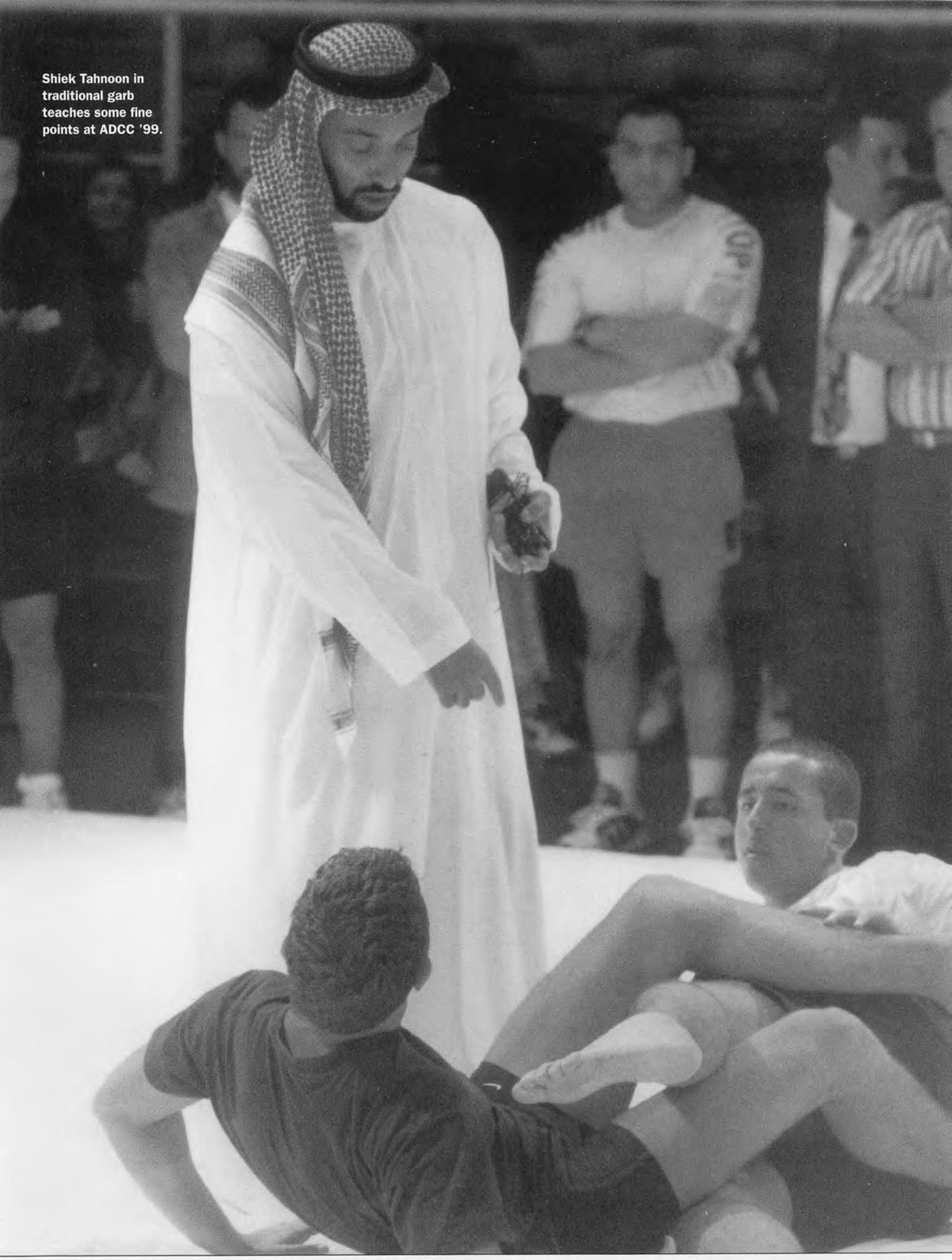
Mohammed (not his real name), was born into a middle class family in the Persian Gulf. With his entire life ahead of him, Mohammed's parents died early in childhood. With no relatives willing to raise him, he found himself alone in the world, a ward of the state, with little chance of happiness. Mohammed struggled to adapt to his surroundings, but the loss of his parents weighed heavily on him, giving him nightmares and constant feelings of abandonment and insecurity. Mohammed tried his hardest to think that somehow, somewhere there must be a better life ahead - but deep inside he knew that there probably wasn't. But life wasn't done playing tricks on Mohammed. One day Fortuna's Wheel spun again - but this time for the good.

Mohammed was called into the office of the state home and told that he had been adopted. He could scarcely

# of Abu Dhabi

Thrust into desperate circumstances by tragic twists of fate, 19 Arab orphans were rescued by a powerful political leader and taught martial arts to build character, self-esteem, and high moral values.





Shiek Tahnoon in traditional garb teaches some fine points at ADCC '99.

believe his ears - older boys are seldom, if ever, taken in by a family. Shy and uneasy, he was taken to meet his new adopted father - and his mouth dropped open when he was introduced. It was a powerful and famous sheik - a member of the UAE royal family - and fabulously wealthy. But Mohammed didn't care about the money - far more important to him was the kindness in the man's eyes that he had not expected.

The sheik provided Mohammed with food, education, and housing and - more importantly - hope. The sheik loves sports and martial arts and gave Mohammed a chance to start training in his personal world class training center. Accepting the offer, Mohammed started practicing martial arts with some of the top teachers in the world, flown in to oversee his instruction. Soon, Mohammed was entering and winning numerous grappling competitions. Mohammed decides to dedicate himself to becoming a top level grappler and fighter, and set a goal of entering the Olympics and winning the first ever gold medal for his country, for his new father, and for the memory of his parents - to make them proud.

Team Orphan

This story may sound too unbelievable to be true - but it is. There is a group of 19 orphaned kids in the United Arab Emirates, living that same dream, right beside Mohammed. They are the Young Lions of Abu Dhabi, the adopted sons of Sheik Tahnoon bin Zayed, the head of the Abu Dhabi Combat Club, and one of that countries top leaders. Sheik Tahnoon loves fighters and he also loves kids. A while back he decided to do something good and combine the two for the benefit of all.

Sheik Tahnoon is very passionate about grappling and firmly believes that practicing sports and martial arts is a great way for children to grow physically and mentally stronger. With that in mind, he adopted 19 kids in his native United Arab Emirates and provided them with food, education, housing, and martial arts training. Besides the primary goal of helping these young unfortunates find a better life, he wanted to be an example to his countryman about helping children, show the populace the benefits of sports, and create a national interest in martial arts.

Some moves work better than others...

Training From A to Z

The kids, ranging in age from 9 to 16 years old, have been training Brazilian jiu-jitsu, sambo, wrestling, judo, muay thai and boxing under the tutelage of some of the best instructors in the world. Former world champion Alexander "Sacha" Savbo runs the wrestling program and Alexander "Sacha" Paluvsky is in charge of the sambo program. For several years they have been making great strides in their training. Up until this year however, they had not competed against any other children and therefore had no way of measuring the progress of their program. This year, the coaches, along with Sheik Tahnoon, decided that they were ready to debut and start competing, so they have been entering several competitions around the world and the

Continued on page 95

Young Lions Tournament Results

Arab Judo Competition, Cairo, Egypt, Feb. 2000: Hassan Al Rumaithi, under 17, under 66 kg - 3rd place.

Arab Judo Competition, Duabi, UAE, March 2000: Tarreq Al Kutbi, under 15, under 55 kg - 1st Place; Mohammed Al Qubaisi, under 15, under 50 kg - 2nd place.

International Sambo Competition, Minsk, Russia, May 2000: Mohammed Al Qubaisi, under 50 kg - 3rd place.

Open Judo Competition, Minsk, Russia, July 2000: Hamdan Al Kutbi, under 17, under 45 kg - 3rd Place; Mohammed Al Qubaisi, under 17, under 50 kg - 2nd Place; Tarrreq Al Kutbi, under 17, under 55 kg - 2nd Place

GCC. Judo Competition, Al Doha, UAE, August 2000: Mohammed Al Qubaisi, under 15, under 50 kg - 3rd Place.

Open Wales Competition, under 17 years old, Wrexham, England, September 2000: Hamdan Al Kutbi, under 42 kg - 1st Place; Saeed Al Qubaisi, under 52 kg - 1st Place; Mohammed Al Qubaisi, under 50 kg - 2nd Place; Mahfoudh Al Qubaisi, under 50 kg - 1st Place); Yaser Al Qubaisi, under 55 kg - 1st Place; Tareeq Al Kutbi, under 55 kg - 2nd Place; Hassen Al Rumaithi, under 60 kg - 2nd Place.

Open Wrestling Competition, under 17 years old, Minsk, Russian, October 2000: Hamdan Al Kutbi, under 42 kg - 1st Place; Yaser Al Qubaisi, under 46 kg - 1st Place; Tareeq Al Kutbi, under 55 kg - 2nd Place; Mohammed Al Qubaisi, under 50 kg - 3rd Place; Mahdi Al Qubaisi, under 54 kg, 1st Place.

By Sheldon Marr

Takedo Counte

If you lose the takedown battle to a well-rounded fighter, you'll probably also lose the fight!

Takedown experts and mixed martial arts (MMA) champions like Mark Coleman, Mark Kerr, Kevin Jackson, and Mark Schultz have proven that you can dominate your opponent with takedowns over and over again. Even if your opponent doesn't have a lot of finishing holds and you escape to your feet, you will quickly get tired if they are able again and again to take you to the mat and end up in a superior position.

While there's no guarantee that most of us will ever be able to stop the takedowns of these Olympic caliber wrestlers, the practice of blocking and countering takedowns could make all the difference in a real life self-defense situation, and could certainly help out in any kind of grappling tournament be it judo, high school or college wrestling, or even Brazilian jiu-jitsu. To be a complete grappler, it is important to know what to do when your opponent shoots in low and grabs and snags!

Countering the Single-Leg Takedown

One of the most popular and effective takedowns is the one that most people are familiar with but yet few can avoid - the single-leg takedown. The single-leg is a

Sheldon Marr working with student John Taylor, the 1999 U.S. Jiu-Jitsu Heavyweight Champion.

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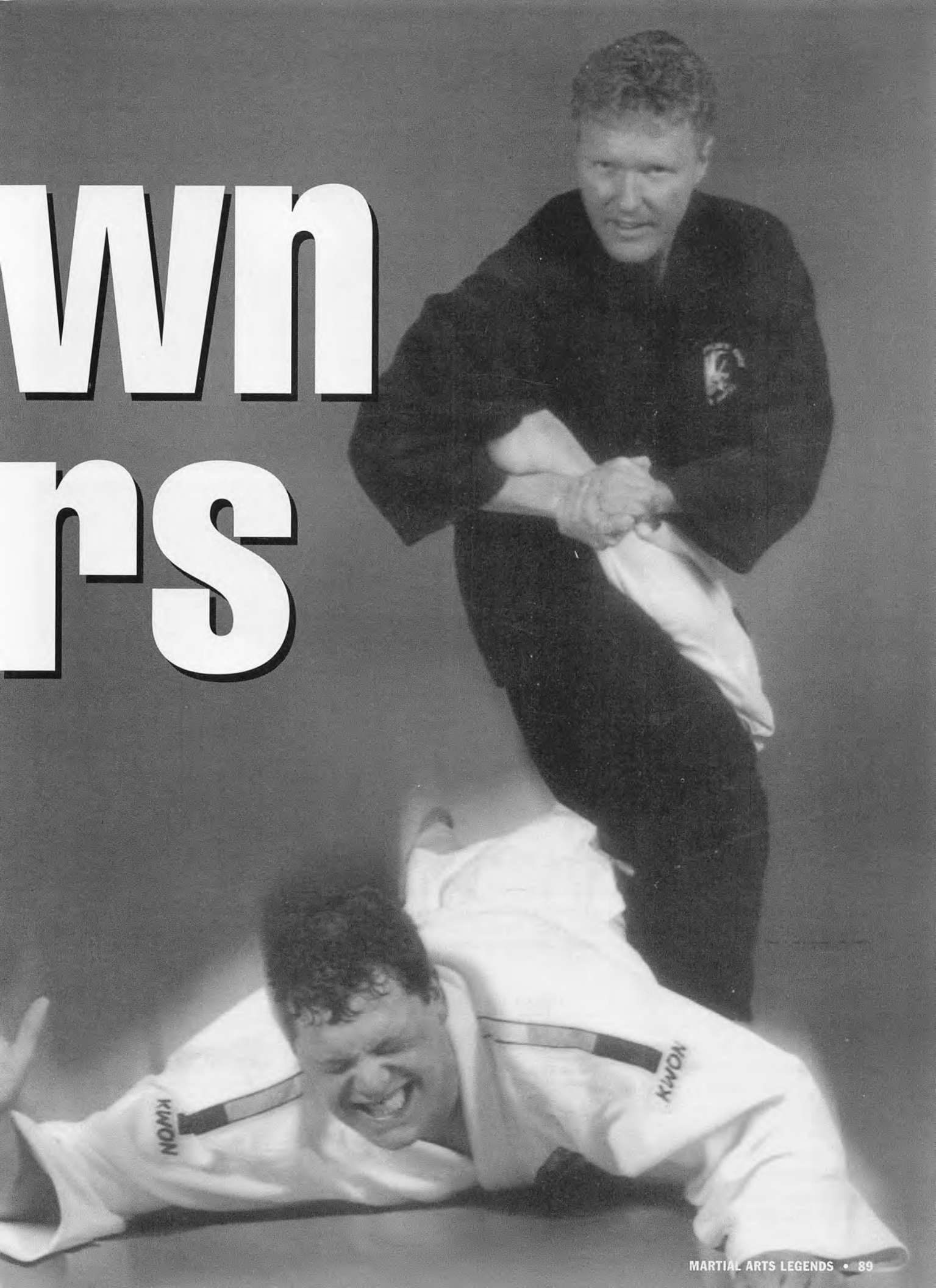
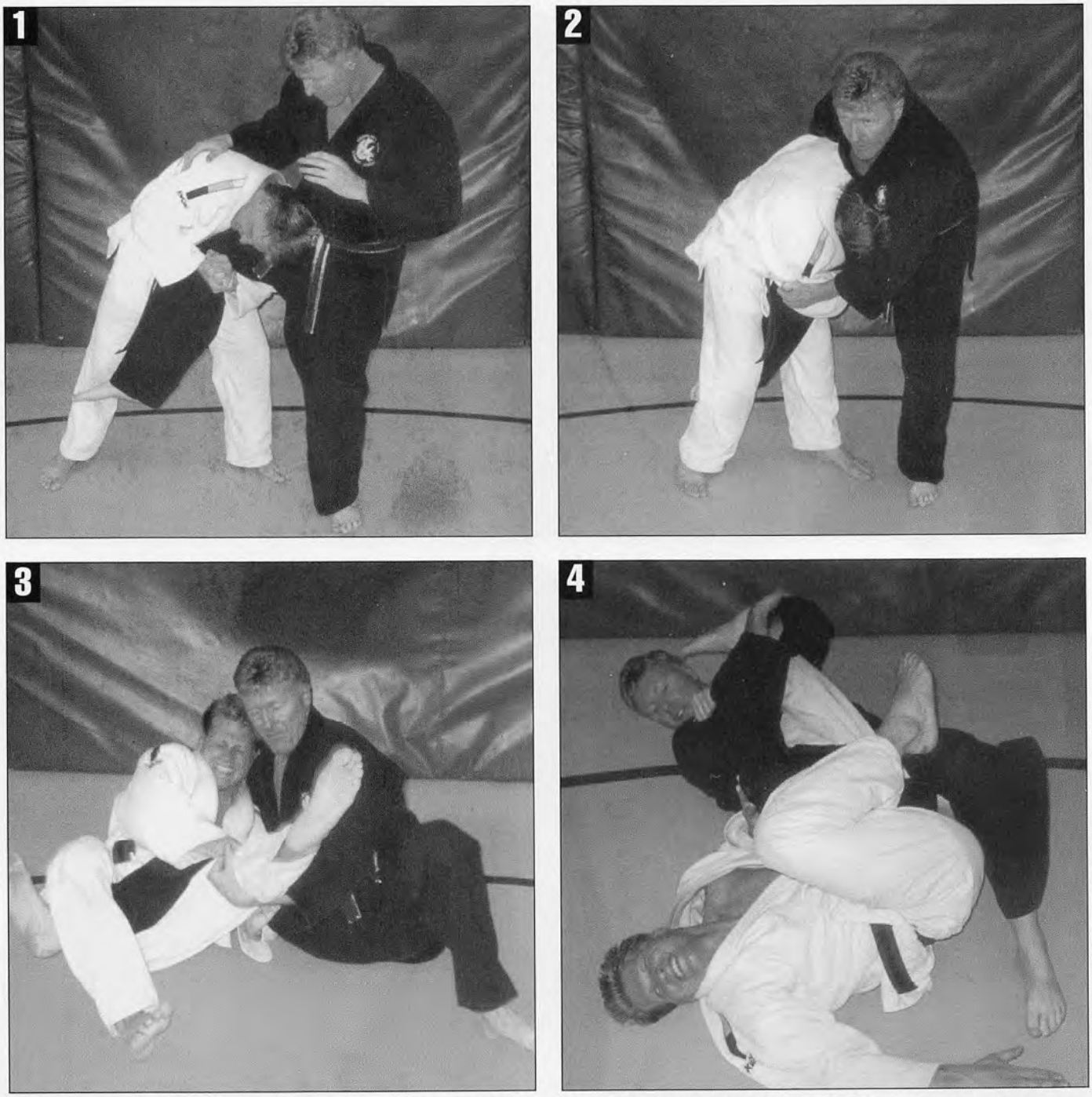




Facing U.S. National Middleweight Champion Jim Wonhof, Sheldon Marr is caught in a single-leg takedown (1). Reacting to the attack, Marr counters with a whizzer, and pushes his leg downward (2). Stepping back with his left foot, Marr then hooks his left hand behind Wonhof's left knee and takes him backwards to the ground (3). Keeping leg control, Marr then locks the leg with a figure-four and applies a painful knee-bar for the submission (4).

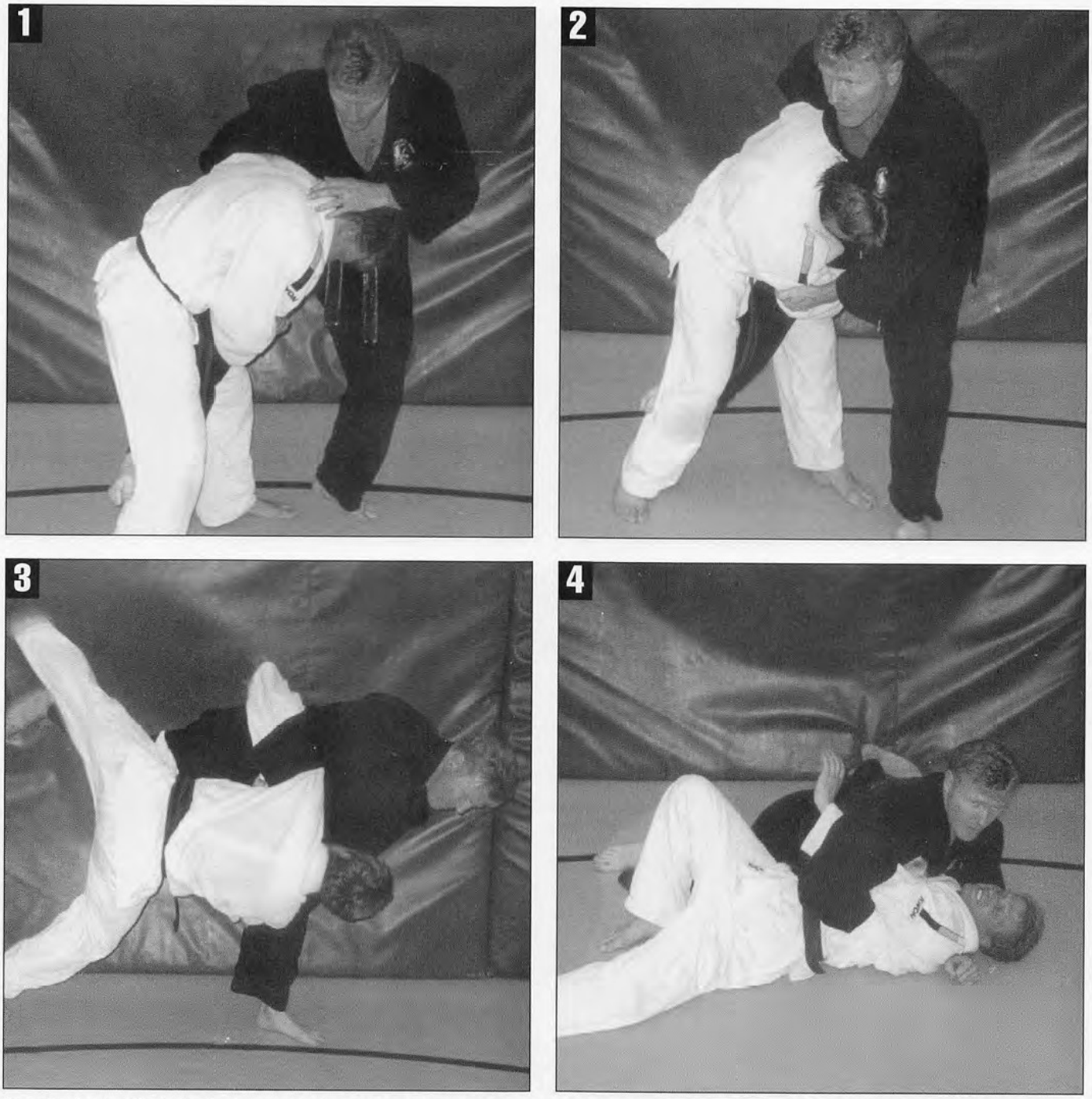
wrestling technique in which the attacker grabs and snags one of your legs, lifts it up into the air to unbalance you on one leg, and then pushes, pulls, drags, trips, sweeps, or lifts your other foot off the mat in order to throw you to the ground.

When attempting to block or counter this technique try to remember the following rules: 1) You can't counterattack without your hands; 2) The higher the leg goes, the harder you fall; 3) It's better to be taken down, than to be taken *up* and down.

"You could be the best ground fighter in the world, but it won't you do any good if someone slams your head into a curb!"

Rule 1 - Use Your Hands

If you watch a child or someone with no grappling experience attacked with a single-leg takedown they will usually either reach for the ground to break their fall or hop around, waiving their arms, trying to regain their balance. While these reactions may be very natural, they're probably not



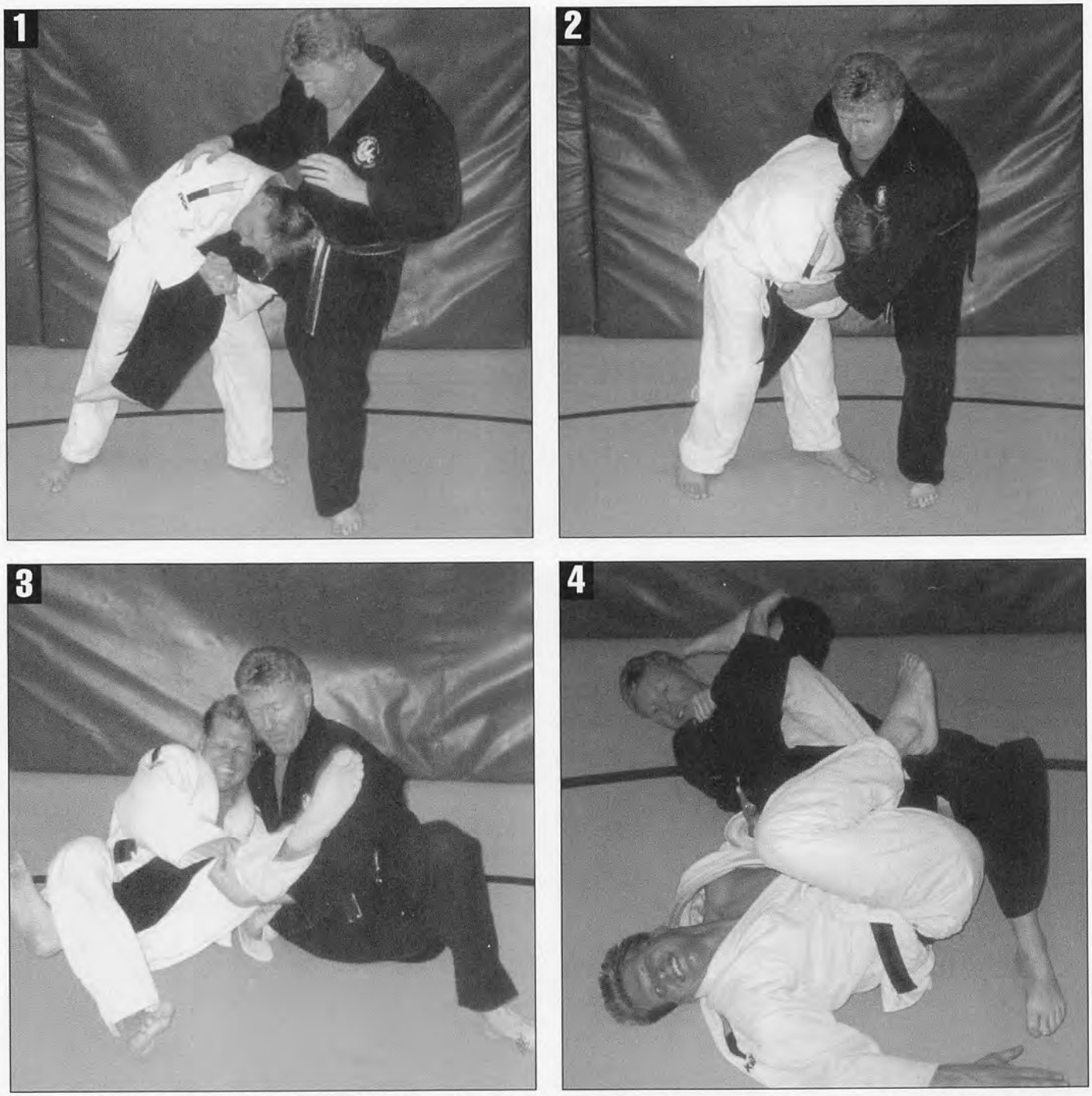
Reacting to Jim Wonhof's single-leg attack, Sheldon Marr leans forward and keeps pressure on Wonhof's back with his hand (1). Marr then counters with a whizzer and pushes his leg downward to maintain balance (2). Stepping back with his left foot, Marr then throws Wonhof to the mat with a devastating inside-thigh sweep (3). Following the stunned opponent to the mat, Marr then establishes solid side control (4).

the best way to respond to a single-leg attack.

When you allow your opponent to take you down to the ground, you can't always dictate how hard the impact will be. It can sometimes be very hard to remain in the fight after you've received one or more doses of "cement poisoning." This is particularly true when you land head or face first, fall to your stomach, and are now on the ground with your opponent on your back. Therefore, to successfully block and counter your opponent's takedown attempt you have to use your hands. This can be done in a variety of ways such as pushing on the shoulders when the opponent shoots in, stepping to the side and engaging one of the attacker's single arms with a chicken wing, or sprawling the avoid the leg grab and under-hooking the armpits. Whatever you do, though, don't wave your arms in the air uselessly - use them!

Rule 2 - The Higher You Go, The Harder You Fall

The higher you opponent can lift your foot and/or leg off the ground, the worse chance you'll have of maintaining or regaining your balance and stability. Therefore, the higher your leg goes, the lesser chance you will have of maintaining your upright position.



Fighting off Jim Wonhof's single-leg takedown (1), Sheldon Marr applies a whizzer and pushes his leg downward to keep a solid base (2). Stepping back with his left foot, Marr hooks Wonhof's lower left leg with his left hand, and the rolls forward over his left shoulder (3). Keeping leg control, Marr finishes the encounter by throwing a figure-four lock around Wonhof's thigh, then hooking the heel and leaning back into a textbook knee-bar submission (4).

When you opponent is able to get your leg up and your foot off the ground, your first objective should be to get your foot back on, or as close to, the ground - as fast as you can! If it's your right leg being lifted, this is done by applying an over-hook or "whizzer" with your right arm, then pulling up on the whizzer and simultaneously pushing down with the leg. Even if this tactic doesn't get your foot back on the ground, your opponent is now having to lift a lot of your bodyweight instead of just the weight of your leg.

"It can be very hard to remain standing and ready to fight after you've received several doses of 'cement poisoning' via takedowns."

While there's a counter to every technique, and a counter to every counter, this strategy should greatly decrease the chance of your leg and/or body being lifted overhead.

Rule 3 - Don't Go Up, Then Down

Grappler's Edge instructor Ken Shamrock, Mike Nuss, and I

Continued on page 101

Don't Be Despondent

Be A Grappling Magazine Correspondent!

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Grappling Magazine, the leading magazine of mixed-martial-arts in the world, is now going monthly with columns, color, subscriptions, and a whole lot more! With the increased frequency we're looking for a few good men (or women) to submit articles that pertain to submission grappling, no-holds-barred fighting and mixed martial arts, wrestling, judo, jiu-jitsu, and traditional arts that employ locks, chokes, and joint manipulation. Articles can be about events (the bigger the event the better the chance of it being accepted); current fighters, teachers, or historical figures; interviews or instructional pieces; techniques, strategies, or training methods; and striking and kicking articles oriented towards teaching a grappler "how to."

Submissions should be between 1500 to 2500 words, with accompanying photos sufficient to illustrate the article. Technique sequences should be between 4-10 shots with captions. Prints are preferred (glossy not matte – do not send negatives), and digital or scanned photos only if taken at 1600 x 1200 dpi minimum resolution or the scanned equivalent. The story should come with a hard (printed) copy, and be accompanied by a soft copy on a floppy disk in MS Word format.

Grappling Magazine pays between $50 - $200 per article depending on length, writing history, photography, and topic and/or subject. Writing for Grappling Magazine is a great way to break into the writing and photography world, get a professional resume, impress your teacher (martial arts and school), blow away your friends, and make your mom proud!

Submissions should be made via regular mail.
Faxed or emailed submissions will not be accepted.
Send to:
Todd Hester, Editor-in-Chief, Grappling Magazine,
4201 Vanowen Place, Burbank, CA 91505; or
Matt Furey, Deputy Editor, Grappling Magazine,
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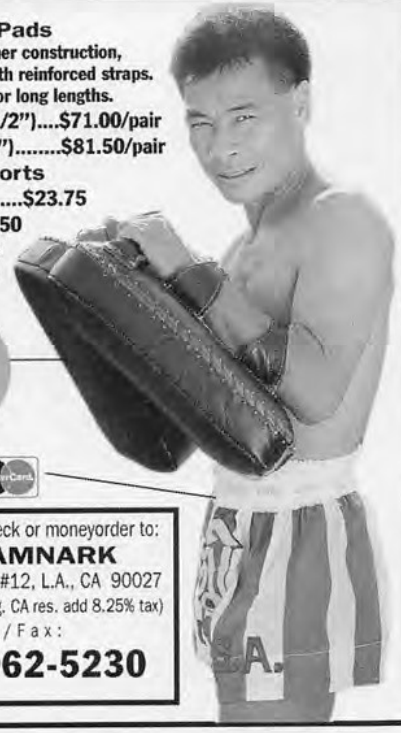

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like a pure athlete - you know, eating, working out three times a day, weights, jiu-jitsu and then boxing. So I was training all the way around.

Q: What was your first MMA title fight?

A: That was in the King of the Cage. But I had seven other fights before that.

Q: How was your first no-holds-barred fight?

A: It was very scary because it was so different from what I had known, and I didn't know what was up as far as what was I doing and what positions to use. I mean, just including striking with my ground game was very difficult. But I went the full distance against a guy out of John Lober's academy and beat him by decision. So as soon as I got into cage fighting the sport definitely grew on me.

Q: Why?

A: I liked the crazy adrenaline rush although now I'm a little used to it. It's weird, but now I get more nervous going to grappling tournaments than I do for a real fight.

Q: So the Iron Man, Travis Fulton, was your eighth fight. And it was for the King of the Cage title. How did that go?

A: Really well. I won by arm-bar submission in 4 minutes, 59 seconds. He's a very tough fighter. He's had many wins and many great fights. That night I just took him down and punched him and drilled him a few times. I was fortunate to get the best of him.

Q: Now, at this point of your career, had you already started training with Mark Kerr?

A: Yeah. I have actually been training with Kerr for about two years now. We trained with each other for the ADCC '99 and 2000. And we actually fought each other in the 2000 Abu Dhabi finals.

Q: Was it tough to fight against your training partner?

A: It was actually really tough; but it was fun at the same time. I mean, we pretty much knew each other's games. We didn't set anything up and we went at it 100 percent. That was it.

Q: No personal problems.

"People have to understand that jiu-jitsu is a lifestyle. It's not really a martial art that you can come in and work out and then leave."

A: None. I mean, Mark is older, he's tougher, and he's stronger. You gotta give it to him. He's a great champion. My day will come.

Q: What advantages has Brazilian jiu-jitsu training given you in mixed martial arts?

A: People have to understand that jiu-jitsu is a lifestyle. It's not really a martial art that you can come in and work out and then leave. You really have to get into it to learn. I mean, every sport has its fine points that take work. You just have to understand that one of the martial arts will stick to you a lot better than the other ones. For me, jiu-jitsu's become a lifestyle. It's become a way of living. So I've learned a lot of things as far as techniques, positions, and submissions. I was learning superior submission holds, leverage, and patience. Then in addition, I learned a whole other mental value to it. Brazilian jiu-jitsu is about being courteous and nice to your training partners, so it's great. It overlaps into real life.

Q: In Abu Dhabi 2000, Tito Ortiz surprised some people with his performance. Had you seen him grapple or wrestle at that level before?

A: No, I had never seen him wrestle. He and I were on the same fight card one time at Neutral Grounds. It was actually my first fight in no-holds barred. So Tito and I actually started at the same time. He started jiu-jitsu a little bit earlier and has had a couple more NHB fights than me.

Q: So you'll go back to Abu Dhabi in 2001?

A: I'm planning to. I really hope they invite me.

Next month: Part II

results have been astounding.

First Wrestling Tournament

Their latest competition was in the Minsk, Russia, Open Wrestling Tournament, where they sent a team of ten Young Lions. Of the ten, the Young Lions came out with three first places, one second and one third. Very impressive results when you consider that this was their first wrestling competition, and they were facing some of the best young wrestlers in Russia. The interesting thing about the Young Lions is that because they have grown up learning several disciplines at the same time, they don't have any predominant style. Their style is a combination of all the disciplines they practice and so they apply whatever technique works best for a certain situation. While someone who primarily learns one style of martial art would look to that style for a solution to a certain situation, the Young Lions just use whatever is the best answer at a particular moment, so it is not uncommon to see one of them using a wrestling takedown during a judo tournament, or a hook sweep during a wrestling competition - and get promptly yelled at by Coach Savko: "This is not jiu-jitsu!"

Tahnoon Proud

The next immediate competition goal of the Young Lions is to compete in the 2001 Pan American Jiu-Jitsu Championships in the USA, but they really have their eyes set on Greece 2004, where the sport of pankration will be making it's Olympic debut. Pankration is a combination of kickboxing and grappling, perfectly suited for the eclectic style of the Abu Dhabi Young Lions.

Sheik Tahnoon is very proud of the progress his Young Lions have made as human beings and as martial artists, and hopes that someday one or more of them will be contenders for Olympic gold for the United Arab Emirates. Regardless of that, however, he feels that by their character growth they are showing their countrymen the many personal benefits that can be gained from studying the martial arts.

Catch of the Day

Continued from page 8

In Taoism it is said that the lungs house the negative emotions of sadness, grief, and sorrow. To balance things out, the lungs house the positive emotions of courage, righteousness, surrender, and the ability to let go. When you breathe bright light into your lungs and exhale dark, cloudy energy, you are bringing in more of the positive and releasing the negative. Think of a person who is sad, grief-stricken or depressed. He has poor upper-body posture - the head is down, the lungs are compressed. What about a person filled with courage? The chest is expanded, the head is up. Ever hear the saying, "It is impossible to feel down if you're looking up?" Well, there is physiological proof of this. Now, the kidneys house the negative emotion of fear and the positive emotions of calmness and clarity. Your kidneys also play a major role in lower back and leg strength. If you doubt this, think back to a time in which you were really, really scared, almost to the point of fainting. Maybe you did faint.

I remember a time I was teaching my wife, who is from China, how to drive. She had been learning for a couple of weeks. It was late at night and I went to pick her up at a restaurant. She wanted to drive so I moved to the passenger side of the car. As my wife took hold of the stick, a man and woman started walking behind the car. My wife was putting the car into drive - at least that was the plan - but without being conscious of it, she stopped too soon, leaving it in reverse. She started to back up. Before she could move more than a foot I screamed "STOP!" and pulled up on the emergency brake. Ten minutes later, when we arrived back at our condo, I could barely walk up the stairs. My legs were gone. The thought of what almost happened scared me so badly that I was physically drained. So if you don't think your kidneys and the emotion of fear play a role in your performance in an athletic contest, think again.

I've yet to meet the man who was never nervous, anxious, fearful or worried. So don't pretend to have everything under control. Train yourself on a regular basis to transform negative energy into positive. How do you do this with the kidneys? Almost the same way that you do with the lungs. But now, instead of breathing in white, breathe in a light sky-blue color. Inhale and direct the blue color to your kidneys. When you can't inhale anymore, slowly exhale dark cloudy negative energy through your mouth. Inhale through the nose, exhale through the mouth. Repeat at least six times.

I'll bet you're wondering what happened in the finals of the tournament.

I've yet to meet the man who was never nervous, anxious, fearful or worried. So don't pretend to have everything under control.

Well, it was the strangest and most wonderful thing I'll ever remember about competition. I walked onto the mat, almost as if I didn't have a care in the world. I even shook hands with my opponent when we were both standing in line. I wished him good luck. That is something I NEVER do. In the match, I moved with patience, poise and ease. No one from the U.S. or another country had ever beaten a Chinese Shuai-chiao fighter. It is their style. No one even gave the Chinese close matches. Well, our bout ended in a 2-2 draw. Amazingly, I shook hands and congratulated my opponent, even though, according to the rules, I was supposed to win the gold medal. I had scored the first point of the match and for three days the person to score first ALWAYS won. Not me. Oh well, I thought. When in China, do as the Chinese do. My coach, Dr. Weng from Taiwan, however, didn't feel that way. He protested the decision and the head judge agreed that I had been shafted. I was brought back to the mat and my hand was raised as the 90 kg champion.

That was the only time in my life that I can remember "losing" a match and not feeling devastated. It was also the only time I "lost" a match and was later given the win. To this day the only thing I can think of that caused this change in feeling was the breathing exercises I did prior to the bout. I was able to give my best without negative stress and it felt so good to do so, that when the bout ended I knew I had nothing to feel badly about, win or lose.

In order to get the hang of these two simple breathing exercises, I recommend that you do them every day for a month. It'll only take a few minutes, and I'm sure you'll have ample stressful opportunities each day to give them a whirl. Once you've got the technique down, you can use the lung and kidney breath each day for the rest of your life.

Matt Furey is the author of Combat Conditioning: Functional Exercises for Fitness & Combat Sports. *For more information visit www.mattfurey.com and www.combat-wrestling.com.*

Mat Time

Continued from page 18

qualifying events are held in Brazil, the USA, Japan, Australia, and New Zealand. These qualifiers give unknown grapplers a chance to secure spots and have the opportunity to showcase their stuff against the best fighters from around the world. Additionally, there have been an incredible amount of similar submission grappling events sprouting up all over the globe. Events such as Grapplers Quest, the NAGA series and, more recently, the International Pro-Am of Wrestling are opening doors for grapplers to compete against one another without being bound by a single set of style-driven rules.

It is very clear now that the main objectives of Sheik Tahnoon have been accomplished. He has influenced the grappling world into accepting that there are great things to learn from other styles, and he has given a venue for all the fighters, whom he greatly admires, to show their expertise and have a chance to make a decent living for their efforts. See you at ADCC 2001!

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Tape 3: Scientific Fighting
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Tape 4: Advanced Strategies
In this tape, Chris reveals some of the more advanced strategies of JKD. Learn false attack, flowing, interception, precision, parries, and simultaneous attack and defense.
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Tape 5: Know the Moment
In this tape, Chris introduces one of the most advanced and "mysterious" levels of JKD training, "knowing the moment." Learn when to move and when not to move, and the principle of the "intercepting fist," where the best defense is a well-timed offense.
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WITH ALAN LAMB

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Alan Lamb reveals the strategies used in Wing Chun to overcome a larger opponent, as well as multiple attackers. As evidence of the unique training drills of Wing Chun, Alan has included, in this tape, and incredible demonstration of blindfolded Chi Sao (sticky hands).
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Volume 2 demonstrates the drills and blocks of the art. Presented are the techniques of Estrella, Media Fraile, Pluma, Cadena Real, and others. This tape also includes disarming techniques. Master Galang demonstrates and explains the fundamental double stick drills and techniques.
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In this tape, Grandmaster Wing's top students first perform the two-man set, then demonstrate the applications of this unique form. Step-by-step instruction in timing, sweeps, strikes, feints, evasions and other attributes.
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Master Paulie Zink is one of the Western world's leading instructors of this unusual Chinese martial art. Now, the "Monkey King of America" brings the art of Tai Shing Pek Kwar to the public in this one-of-a-kind series of home videos. Master Zink demonstrates the fundamental, intermediate, and advanced techniques of one of China's rarest and most effective fighting systems.

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In this dynamic tape, America's Monkey King teaches the numerous aspects and training methods of the Tai Shing Pek Kwar staff form. You will learn how to hold the staff properly, numerous staff exercises, self-defense applications, and finally, the complete Pek Kwar staff form.
#MON01 • $39.95 • 35 min.

Volume 2: Fundamentals and Advanced Training

In this volume, Master Zink provides a detailed breakdown of both the basic and advanced techniques, movements, stances and exercises of both Tai Shing (Monkey) and Pek Kwar (Ax Fist) Kung-Fu. This series of movements must be mastered before the student can perform the complete Monkey art.
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Volume 3: Forms and Applications: Mi Chung

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Ngo Cho Kun (five ancestor fist kung-fu) originated in the late 1800s in Fujian province, China. It was the brainchild of an accomplished martial artist named Chua Giok Beng. Always looking for the most efficient techniques to combine into the perfect fighting art, Beng finally settled on the techniques of five famous Chinese martial arts: Peho (Fujian white crane), Kao Kun (monkey boxing), Tai Cho (grand ancestor boxing), Lohan (internal Buddhist boxing), and Tat Chun (Damo's iron-body training).

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Volume 2: Tien Te Lin Chien and Sang Sau Kun

This tape includes: •Intermediate stances and footwork •Breakdown and demonstration of the Tien Te Lin Chien ("Heaven, Earth, and Man Tension") and Sang Sau Kun (Double Roundhouse Fist") empty-hand forms.
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Volume 3: Pieng Me Chien and Se Mun Pa Kat

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Volume 2 : Mei Hua Chien Form and Applications

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Takedown Counters

Continued from page 92

recently had a conversation about competing against Olympic caliber wrestlers. We all agreed that when competing against someone like Olympic champion Mark Schultz, being taken down would be inevitable. Therefore, given that there is no way to avoid falling to an attack from a world-class athlete, it is better to be taken straight down to the ground, rather that taken up into the air and then down. Going straight to the ground not only eliminates the chance of your opponent getting air and slamming you, potentially ending the fight, but it also gives you a chance to control where you'll end up, giving you a better defensive posture.

One more important thing should be noted here. Jumping into the guard is *not* a takedown, nor is it a block or a counter to a takedown. Therefore, don't waste your time performing this questionable tactic when you should be practicing your takedowns. This move is especially dangerous in a street self-defense situation. You could be the best ground fighter in the world, but it won't do you much good if you jump into the guard and someone slams you backwards onto a curb!

Conclusion

Proper posturing, proper gripping, proper tactics, and proper strategies can all aid you when you find yourself on the receiving end of a single-leg takedown attack. You can successfully fight off such an attack if you keep your head and react properly. However, without practice, practice, and more practice - and repetitions, repetitions, and more repetitions - you're goin' down!

Sheldon Marr Grappler's Bio

A former judo and wrestling champion who trained at the Olympic Judo Training Center, and the current Team USA National Pankration Coach, Sheldon Marr has been involved in the martial arts for over 37 years. His students at his Grappler's Edge Dojo in Denver, Colorado, have won national individual titles in judo, wrestling, and pankration, and five U.S. national team championships in jiu-jitsu and submission grappling. To contact Sheldon Marr for seminars, or to order Sheldon Marr's Grappling Seminar video series call 303-433-EDGE or visit www.grapplers-edge.com

Olympic Wrestling Gold Medalist Mark Schultz, National Teen Grappling Champion Nick Marr, Sheldon Marr (l-r).

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TABLE OF CONTENTS

PART I
- Introduction
- Early Days
- In The Marines
- Boxing
- Judo
- CIA

OUT TO ASIA:
- Aikido Interlude
- At the Kodokan
- Cathedral Caper
- My Karate Kick
- Art Broadbent
- The Good Old Budokwai
- E J. Harrison
- Donn Draeger
- Jon Bluming
- John Gilbey & His Correspondents
- Takahiko Ishikawa
- Masahiko Kimura
- Bill Paul
- Dermot M. "Pat" O'Neill
- The Legendary Fairbaim
- A Pause

PART II
- Taiwan: A Martial Watershed
- Return to America & Judo
- Judo and Taiji
- Back at CIA
- To Teach is to Love & Learn: A Soliloquy
- Xingyi & Bagua.
- The Other Internal Arts
- Rose Li: Cherchez la Femme
- A Word on Weapons

MY WRITERS:
- An Interlude
- Zheng Manqing: The Last Decade
- Ben Lo: Modest Man
- True Taiji
- Guo Lianyin

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- Laoshi's Other Top Students
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- Credits
- Glossary
- Index

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Shonie Carter

Continued from page 64

ever hear come out of a no-holds-barred crowd: "Poke his eye out!" "Kill him!" "Kick him in the Groin!" And I'm like "Oh, boy." You'd think that it is these caveman Neanderthals that are saying that but these are lawyers, teachers, accountants, and what you'd call normal people, who go to these shows and have no idea what mixed-martial arts is all about. They just know that they want to see action. Whereas a Japanese crowd is pin-drop quiet and they understand the submission attempts - they like to see the submission attempts. They want to see the punches and kicks but they also want to see someone with well-rounded skills. So I think they appreciate you more.

Q: You sometimes get accused of being a showman. Why?

A: Fighting is entertainment. So even if I'm winning or losing I want to make sure I'm looking good. If I'm losing I won't even know because I'm too busy looking good. If I'm winning I don't even know it because I'm too busy looking good. Seriously, some people say that I showboat or what have you, but its my way of staying loose and relaxed. The crowd wants entertainment and the judges want to see aggression. So I try to give a little bit of everything to make everyone happy. I want to give the crowd a show; I want to give the judges a show; and I want to give my opponent a hard fight. I may dance around a little bit more than most, but I think its entertaining. I guess that I just don't fit into a category that most fighters do of being considered a grappler or a striker or a takedown artist. But that's OK because I don't want to be like everyone else. A big part of my mental flexibility comes from the time I've spent with Shihan Eddie Yoshimura at the U.S. Shidokan Headquarters at the Chicago Fitness Center. It is the bare knuckle karate Mecca, but Shihan Yoshimura also encourages a balanced and complete approach to combat and self-defense. Check out www.ski-dokan.com and see for yourself.

Q: Do you feel mixed-martial arts is growing?

A: I most certainly do. And I'm really glad for it because it is gaining attention and people are becoming more knowledgeable of what we're doing. They used to call us brutes and troglodytes and Neanderthals. There are guys who look like Neanderthals who are some of the smartest people you'll ever come across - the name Jason Godsey comes to mind - Godsey is a science teacher but he's a tough, tough fighter. We have real estate agents in MMA, car mechanics, you name it. For myself, I've spent four-and-a-half years in fine arts school. I spliced fiber optic cable while being a fighter. I'm a Sunday School teacher and a father and I think I'm typical. No-holds-barred isn't populated by mindless brutes. It is a legitimate competitive sport that everyday, working people are getting into because it's a wonderful competitive outlet. There is a large amount of creativity that goes into being a fighter that most people don't consider. My father once told me that there are more potential moves in a single game of chess than there are stars in the sky. I think that in a wrestling match that there are more potential moves than there are in a game of chess - and that is even more true for mixed-martial arts.

Continued on page 107

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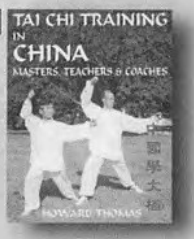

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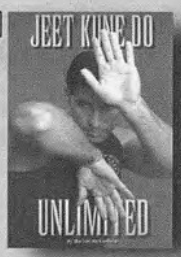

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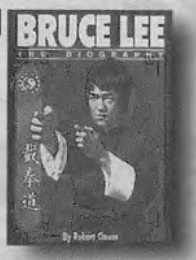

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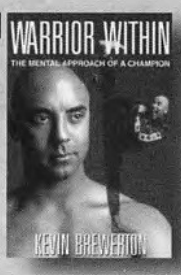

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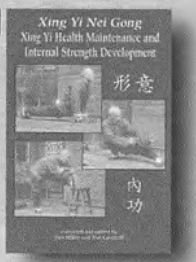

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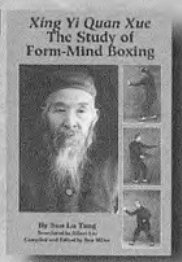

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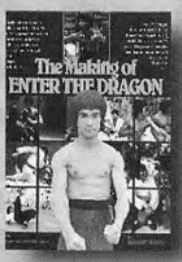

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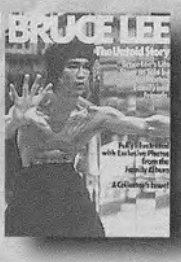

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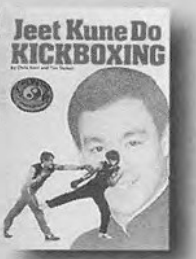

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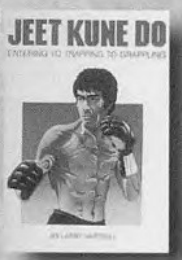

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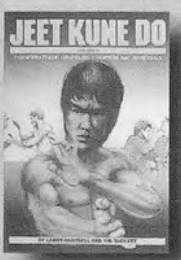

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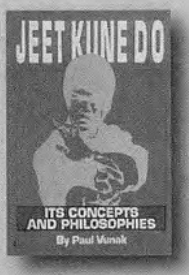

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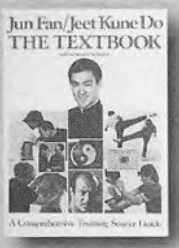

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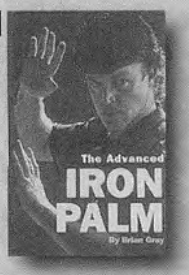

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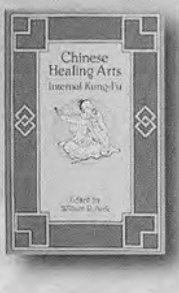

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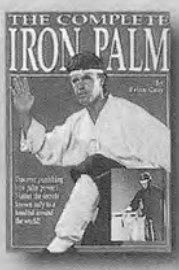

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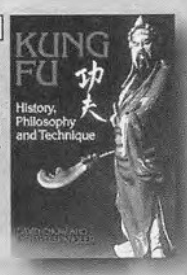

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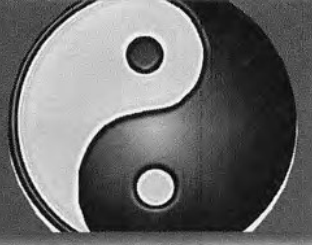

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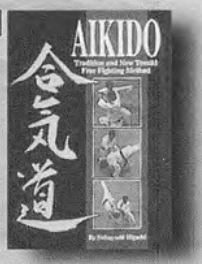

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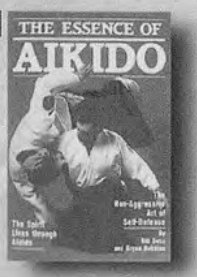

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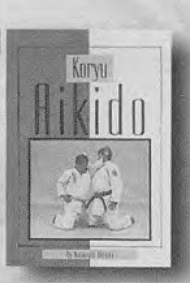

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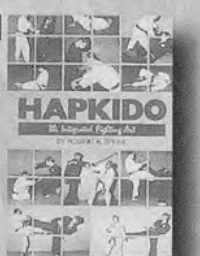

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Shonie Carter

Continued from page 102

Q: What has your martial arts training given you as a person?

A: I have gained a sensitivity that most people would never understand unless they took up a martial art themselves. I have a high sense of consciousness about who I am and what I do that someone outside of martial arts can never have. I understand how I react to anger, fear, uncertainty, stress and I don't fear those emotions. I get more stress in a single fight than most people probably get in a lifetime. Martial arts gives you the ability to deal with things inside you. I don't feel that I need to prove anything to anyone but myself. I understand myself better and so I understand others better.

Q: What do you feel makes a champion?

A: It's not how many time you get knocked down, it's how many times you get back up. If you believe in attaining something or reaching a goal then go for it without fail. And if you do fail try again. Don't be afraid of failure or success - learn to deal with them both. I'm glad to say that through martial arts, through the Marines, and through my grandfather's upbringing that not only do I not fear any man; but I also do not fear myself. I don't think there is anything that can stop me from attaining a goal that I've set, because I don't fear failure and I won't give up - ever. I don't have dreams, I have plans.

King of the Cage

Continued from page 69

seems to understands the media, the fighters, and what the fans want to see. The matches are tough, hard, and sometimes bloody - yet with all that it somehow manages to have a strangely wholesome feel to it.

Part of that appeal is a reflection of former pro-golfer Trebilcock, who borders on the corny in his attitude towards choosing fighters - but it is a refreshing change from the Tank Abbot media image), smack-talking, WWF-type fighters that gave NHB such a bad rap with cable companies. "My fighters have to have class and have to know how to act inside and outside the ring. KOTC wants fights in the ring, not brawls in the crowd. You want to fight in the King of the Cage, you'd better have your act together."

To grow even bigger, of course, KOTC will need more than just a squeaky-clean image and their famous ring girls - the Dallas Cowboy Cheerleaders of no-holds-barred. They'll have to tap into some type of television, cable, or even Direct TV deal and get some more mainstream exposure. Then with the increased revenue they'll have to start paying fighters more to attract more of the world's top talent - which is almost exclusively fighting in Japan right now. But if KOTC's first six shows are any indication, don't rule anything out. You just get the feeling that as good as the KOTC has been, the best is yet to come.

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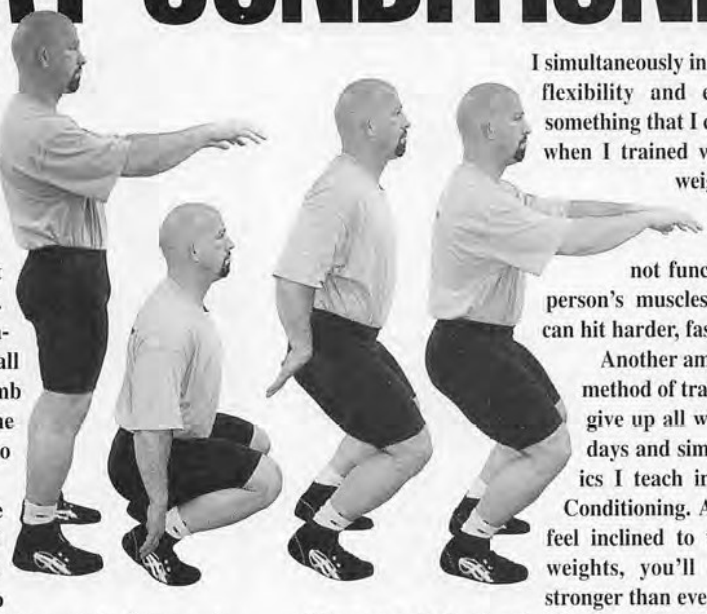


Animals in the wild are in far better shape than human beings. Regardless of size, they are stronger, more flexible, and have greater endurance. Yet, they do not push weights or train on mechanical devices. How do these animals get into this kind of condition? They do it by working with their own body weight.

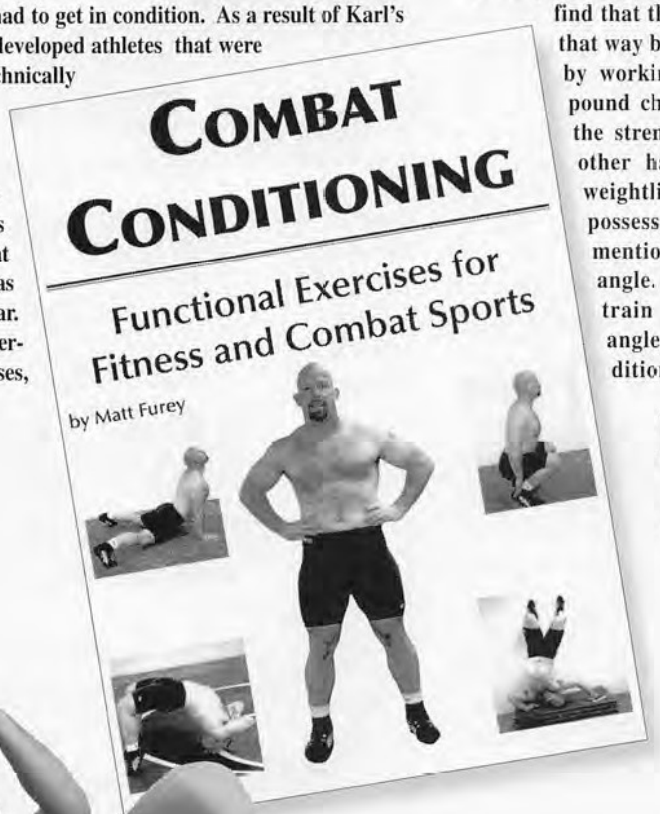
They master their weight by stretching from all directions and from all angles. Animals also run, jump, climb and wrestle. If an athlete wants to get the most out of himself, it is a good idea to copy the way of the animal.

Don't believe me? I don't blame you. I once believed the same. Then I met Karl Gotch, a 1948 Olympian who is revered as the "God of Pro Wrestling" in Japan. Before Karl taught anyone in Japan a single hold, the athlete had to get in condition. As a result of Karl's training method, he developed athletes that were physically and technically superior to those who used other modern-day methods.

None of the exercises Karl Gotch teaches require weights, yet at 75 years of age he has the strength of a bear. Within 30 days of performing these exercises, I simultaneously increased my strength, flexibility and endurance. This is something that I could not accomplish when I trained with weights. Lifting weights can make you stronger, but the strength is usually not functional. The size of a person's muscles does not mean he can hit harder, faster, or more often.

Another amazing fact about this method of training is this: You can give up all weight training for 90 days and simply do the calisthenics I teach in my book, Combat Conditioning. After 90 days, if you feel inclined to test yourself on the weights, you'll note that you are stronger than ever before.

When you look at primates (or any other animals), you'll find that they are incredibly powerful. Did they get that way by lifting weights, or did they get that way by working with their own body weight? A 60-pound chimpanzee, for example, has three times the strength of a human being. An ape, on the other hand, has the strength of 10 Olympic weightlifters. More importantly, these animals possess an ungodly level of strength (not to mention flexibility) from every position and angle. If you follow the way of the animal and train your body from every position and angle, you'll soon be convinced that this conditioning method is the best.



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LIANGONG IN 18 FORMS
FEATURING WEN-MEI YU

Part 1
Liangong, a set of exercises based on ancient Chinese therapies, and the curative methods of massage. It is extremely beneficial to anyone interested in self-healing or improving strength, and flexibility. Part one is an introduction to the entire exercise and then takes you through exercises designed to heal neck, shoulder and back pain.
LG1 • $39.95 • 59 min.

Part 2
Part two takes you through exercises designed to heal and strengthen your hips, legs and your joints.
LG2 • $39.95 • 59 min.

Part 3
Part three, teaches you exercises designed to strengthen your tendons and connective tissue as well as preventing and healing internal disorders.
LG3 • $39.95 • 50 min.

TIEN GUNN
FEATURING JAMES MCNEIL

Part 1
Tien Gunn, meaning 'celestial stem' is an ancient series of exercises for health and self-defense. The human body or 'celestial stem' becomes strong and flexible, the circulation of chi and blood is increased, and a powerful root connection to the earth is established. In tape one you'll learn the first ten exercises such as the sword hand, the transverse palm and direct clamping.
TGN1 • $39.95 • 50 min.

Part 2
In this tape you'll learn the last 16 exercises such as the crane's beak blocking, pheonix fist and the spear hand. Practice these exercises for health and self-defense.
TGN2 • $39.95 • 50 min.

8 SECTION BROCADE
FEATURING JAMES MCNEIL

This is a very ancient exercise of washing the inner body. The name refers to the circulation of Chi through the complex network of meridians within the body. When these meridians are obstructed and the chi cannot flow freely the body is affected and sickness may occur. These exercises are designed to remove these obstructions and keep the inner organs in balance and harmony .
8SBRO • $39.95 • 50 min.

ESPADA Y DAGA
Sword and Dagger Combinations
FEATURING EDGAR G. SULITE

In this tape Edgar introduces the material you've all been asking for. Through a progressive series of twenty training drills, you'll gain a good understanding of the use of the sword and dagger and how it's concepts applies to any range of fighting. WARNING: Weapons training is extremely dangerous and caution is advised when attempting any of the techniques shown in this video. Always practice with approved safety training knives and sticks.
ESP01 • $39.95 • 55 min.

THE FLOW OF FILIPINO KALI EMPTY HANDS
FEATURING STEVE GRODY

Part 1
In this tape, Grody teaches a comprehensive series of counterattacks directed at the sensitive areas of the opponent's attacking punch or kick.
FKALI01 • $39.95 • 45 min.

Part 2
In this tape, Grody teaches Kali kicking methods, Kali trapping in attack, primary gunting (nerve hit) combinations and gunting follow-ups. Running time:
FKALI02 • $39.95 • 55 min.

Part 3
In this tape, Grody goes into the details of Kali's distinctive elbow and hand follow-ups to the limbs of the body, wrenches, joint locks and takedowns. Also, Grody takes a thorough look at foot trapping and crucial training methods to develop a technical flow.
FKALI03 • $39.95 • 56 min.

KALI/ESCRIMA
The Art of Filipino Fencing
FEATURING TED LUCAYLUCAY

In this tape Ted illustrates the applications and the connection between weapon and empty hand movements. Exercises are done with sticks, knives and hands. Learn the ABC's of footwork, Power Striking, Blocking Direct Hits and Disarming your opponent.
KALI • $39.95 • 55 min.

LAMECO ESKRIMA: THE SECRETS OF DOUBLE STICK FIGHTING
FEATURING EDGAR G. SULITE

Part 1
In this tape you'll learn the basic footwork patterns. Next, Edgar progressively teaches striking patterns such as solo kadena, lameco 1-2-3, x-strikes, kali six, thrusts, upward strikes, and cross strikes. Edgar demonstrates applications of these patterns against the number one strike.
LAME1 • $39.95 • 48 min.

Part 2
This tape continues where tape one left off. Edgar demonstrates applications against the 2 through 5 strikes. Edgar discusses the concept of openings created when striking and how to use them to counterattack your opponent. The tape concludes with a demo of progressive freelance sparring drills.
LAME 2 • $39.95 • 48 min.

LAMECO ESKRIMA: PRACTICAL SELF-DEFENSE
FEATURING EDGAR G. SULITE

Part 1
In this series, Edgar explores ways to defend yourself against a knife attacker. Edgar starts with the basic footwork. Next, he teaches defenses using the stick. Edgar interchanges a tennis racquet, an umbrella, a handkerchief and a belt in place of the stick and demos their applications.
LESD1 • $39.95 • 50 min.

Part 2
Edgar continues his self-defense lesson against the knife attack. He progresses to empty hand counters. First, a review of the basic footwork patterns. Taught next are a variety of methods for redirecting the knife attack. Also shown are a variety of disarms. Edgar concludes with self-defense techniques.
LESD2 • $39.95 • 50 min.

LAMECO ESKRIMA: ESSENTIAL SINGLE STICK SKILLS
FEATURING EDGAR G. SULITE

Part 1
Edgar teaches the basic footwork patterns; forward and back, sidestepping and triangle, plus maneuvers like ducking, bobbing and weaving. You'll learn the basic grips, the concept of the big circle and small circle, and basic striking angles. Edgar puts it all together in a series of 12 drills and shows how they work in combat situations.
LESS1 • $39.95 • 58 min.

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Part 2
In this tape, Edgar continues his lesson on using the single stick. He begins with a review of the basic footwork. Then he teaches a new series of 12 drills that combine all the basics previously learned. He concludes with additional drills designed to develop power in your strikes. This two tape seies gives you a complete look at mastering the single stick.
LESS2 • $39.95 • 58 min.

PANANTUKAN
Filipino Kick boxing
FEATURING TED LUCAYLUCAY

This art and its techniques are deeply enhanced by the knowledge of the movements found in knife fighting. Ted clearly illustrates Blade Awareness and the techniques you'll need to learn Covering, Striking, Punching and Countering Skills.
PANT • $39.95 • 55 min.

THE POCKET STICK
FEATURING TED LUCAYLUCAY

Self defense in the palm of your hand! Featured are simple self-defense techniques against punches, grabs, kicks and more, as well as training methods and flow drills. The pocket stick is simple enough for anyone to learn as a viable means of self-defense.
PSO1 • $39.95 • 55 min.

STICKBOXING
FEATURING TED LUCAYLUCAY

From the structure of Kali and the concepts of JKD comes the dynamic art of 'stickboxing', that uses the full arsenal of Kali/J.K.D. tools, including kicking, elbows, knees, sweeps, locks and takedowns. However, the common denominator is the boxing structure, the glue that binds the arts together.
SBO1 • $39.95 • 55 min.

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Traditional Goju-Ryu Karate
FEATURING KENT MOYER

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VOLUME 2: YELLOW BELT TECHNIQUES
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GOR02 • $39.95

VOLUME 3: GREEN BELT TECHNIQUES
Kihon • Kihon Ido • Introduction to Fighting Stances & Movements • Kihon Ido Fighting Drills • Kotekitai • Sandan Gi San • Geki Sai Dai Ni Bunkai • Saifa Kata • Randori.
GOR03 • $39.95

VOLUME 4: BROWN BELT TECHNIQUES
Ukemi • Kihon Combinations • Basic Kakie • Sandan Gi Yon • Saifa Bunkai • Seiunchin Kata • Ippon Kumite • Yakusoku Kumite.
GOR04 • $39.95

VOLUME 5: BLACK BELT TECHNIQUES
Kihon Ido Combinations • Sandan Gi Go • Advanced Kakie • Seiunchin Bunkai • Shisochin Kata • Shisochin Bunkai • Weapons Defenses • Point Fighting • Iri Kumi.
GOR05 • $39.95

HAPKIDO
FEATURING SCOTT SHAW

Part 1: The Basic Elements of Hapkido
The Korean art of Hapkido translates to the way of coordination and internal power. Scott Shaw brings over 20 years of experience to this 4-part video series. Part one includes warm-ups, stretching, basic kicks, hand strikes, blocks, falling techniques, joint locks and basic self-defense.
HAP01 • $39.95 • 49 min.

Part 2: Deflections, Joint Locks & Throws
Part 2 focuses on deflection and distance control as a concept for defense. Scott then teaches advanced jointlocking techniques to control or throw your opponent.
HAP02 • $39.95 • 55 min.

Part 3: Kicking Techniques & Defenses
Hapkido is well-known for the dynamic kicks incorporated into the art from Taekwondo and Tang Soo Do. In this tape you'll learn advanced stretches and kicks, Hapkido concepts for using your kicks in combat, and proper defense against kick attacks.
HAP03 • $39.95 • 51 min.

Part 4: Ground Fighting, Weapon Defenses and Cane Techniques
The realities of combat may find you on the ground or facing an armed opponent. In this tape, Scott teaches kicks, punches, jointlocks and throws from the ground position. You'll learn self-defense against clubs, knives and guns. Finally Scott teaches the basics of Hapkido's unique weapon, the cane, demonstrating a variety of easy to apply techniques.
HAP04 • $39.95 • 53 min.

IRON PALM TRAINING
FEATURING BRIAN GRAY

Part 1
This series is for everyone who has ever wanted to break break boards and bricks with their bare hands! Brian Gray teaches you how to properly condition your hands and train in the iron palm technique. Tape one includes instruction on hand conditioning, ancient reasons for secrecy, iron palm liniment and limitations to the iron palm.
IRON01 • $39.95 • 53 min.

Part 2
FEATURING BRIAN GRAY
In this tape Brian will teach you: differences in breaking materials, proper breathing, focus, speed and centering, the fear factor, the spirit yell, isometric exercises and a board breaking demo.
IRON02 • $39.95 • 42 min.

Part 3
FEATURING BRIAN GRAY
In the final segment Brian teaches the wave and the whip, errors in breaking, advanced breaking skills, a brick breaking demo and concludes with a variety of iron palm fighting techniques.
IRON03 • $39.95 • 34 min.

DEFINING JEET KUNE DO
FEATURING BURT RICHARDSON

Burton Richardson brings you this fascinating and revealing six-tape series on Defining Jeet Kune Do, expanding on his previous 3-tape series.

Pt 1: Introduction to Jeet Kune Do
In this tape Burt discusses the JKD philosophy, and demonstrates the different ranges of combat and fighting postures. You'll learn the theories and concepts vital to building a strong foundation.
DJKD01 • $39.95 • 50 min.

Pt. 2: Empty Hand Ranges
This tape continues teaching you techniques that work in the kicking, punching, knee, elbow and grappling ranges. Burton then shows you how to combine these techniques and effectively use them in realistic fighting situations.
DJKD02 • $39.95 • 50 min.

Pt. 3: Attributes and Training Methods
In tape three of the series, Burton demonstrates the attributes necessary to truly enhance your fighting skills. You'll learn solo and partner training drills which are the key to making an individual into an accomplished martial artist.
DJKD03 • $39.95 • 50 min.

Pt. 4 Training Methods: Drills with Equipment
In tape four Burt demonstrates the five ways of attack and how to utilize various equipment in your training methods to further sharpen your speed and coordination.
DJKD04 • $39.95 • 50 min.

Pt. 5 Drills with Weapons and Sensitivity Drills
In tape five you'll learn single stick, double stick and soft stick drills. By perfecting the fluid movements necessary to maneuver the sticks, you are effectively improving your empty hand coordination skills. The sensitivity drills will make you more aware of your opponent's movements and allow you to react quickly to his attacks.
DJKD05 • $39.95 • 50 min.

Pt. 6 Sparring, Empty Hand and Weapons Techniques
Combining the information previously covered, you'll learn sparring drills that will greatly improve your ability to flow between techniques. To top things off, Burton will explore Kali's stick and dagger techniques to round out your knowledge.
DJKD06 • $39.95 • 50 min.

JEET KUNE DO CONCEPTS
FEATURING BURT RICHARDSON

Part 1
Burton explains the reasoning and philosophy behind the JKD concept. He starts the training with Kali double stick drills and striking patterns used to develop coordination, focus and martial technique. Burton translates the weapons motions to empty hands and teaches you to flow from one move to the next. Also covered is an overview of joint locks.
JKDR1 • $39.95 • 50 min.

Part 2
Burton concentrates on trapping and distancing. He starts by showing you the fighting measure and drills on how to manipulate this measure to your best advantage. Next you'll learn sensitivity drills to enhance your trapping skills. Burton finishes with some drills to develop your ability to flow from one technique to another.
JKDR2 • $39.95 • 50 min.

Part 3
Burton focuses on the kickboxing mode of JKD. Burton puts it all together including knees and elbows with combination drills using a variety of equipment. He also covers more Kali stickfighting principles and some sparring drills. Burton concludes with some examples of knife fighting and knife disarms.
JKDR3 * $39.95 * 50 min.

JEET KUNE DO CONCEPTS for KIDS
Bullyproof Your Child
FEATURING JUNE CASTRO

June teaches your child basic boxing and kicking skills and various offensive and defensive maneuvers. Interwoven into the training is the development of self-discipline and self-confidence that leads to success. June is assisted by her students, some as young as five years of age.
JKDK • $39.95 • 57 min.

JEET KUNE DO WOODEN DUMMY TRAINING
FEATURING TED LUCAYLUCAY

Bruce Lee used the wing chun wooden dummy for much of his personal training. Now Ted Lucaylucay demonstrates some of the non-traditional methods he learned while studying at the original Kali/JKD academy. He starts by showing some traditional training and progresses to add boxing and JKD drills to the mix. The tape culminates in drills that work you from long range to trapping and back out again.
JKDWD • $39.95 • 60 min.

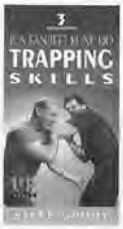
KALI/JUN FAN/JEET KUNE DO SECTORING
FEATURING STEVE GRODY

Drawing from the concepts and methods of Kali and Jun Fan/Jeet Kune Do, Grody presents an inter-related series of the most efficient ways to simultaneously counterattack according to the relative positions of you and your opponent's arms.
GRD01 • $39.95 • 55 min.

JUN FAN/JEET KUNE DO TRAPPING SKILLS
FEATURING STEVE GRODY

Part 1
In one of the most detailed and comprehensive tape series available, Grody works through a clear-cut progression of training designed to give an understanding of the why, when and how of trapping. In this tape, Grody shows how to deal with primary and secondary obstructions to your hand attacks.
GRD02 • $39.95 • 58 min.

Part 2
In this tape, Grody continues the double trap series and presents drills designed to develop speed of perception and reaction in trapping.
GRD03 • $39.95 • 58 min.



Part 3
In this tape, Grody shows you how to defend your trapping against counter punching and how to counter trap a trapper.
GRD04 • $39.95 • 45 min.

Part 4
In this tape, Grody finishes the counter-trap series, demonstrates entries to trapping, trapping from defense and ways to use trapping against a boxer.
GRD05 • $39.95 • 60 min.

GRAPPLING UNLIMITED SERIES
FEATURING EGAN INOUE

Egan Inoue was the first non-Brazilian to win his division in the Jiu-Jitsu World Championships in Rio De Janeiro. He will teach you how to fight from the three key groundfighting positions.

THE GUARD
Egan gives you an introduction to grappling before explaining the guard position. Although you are on your back, the guard is a powerful position to be in. You'll learn how to maintain control from the guard, pass or escape the guard as well as how to counter those escape moves. Egan finishes up with drills that will hone your skills to a high level.
#GLTD01 • $39.95 • 50 min.

THE SIDE POSITION
You'll learn the proper body mechanics to maintain maximum leverage with the least amount of effort. Egan shows you all your options from the side as well as how to escape the side position.
#GLTD02 • $39.95 • 54 min.

THE MOUNT
The mount is the dominant position in groundfighting. You'll learn how to hold your position as well as how to finish off your opponent. Egan will teach you the best defense possibilities. Egan fininshes the series by putting on the gloves and demonstrating sparring in the grappling range.
#GLTD03 • $39.95 • 50 min.

KAJUKENBO/ WUN HOP KUEN DO
FEATURING AL DACASCOS

Part 1: Beginning Theories, Principles and Techniques
This beginning tape gives helpful insights and covers approaching target areas and the personal weapons you'll need to achieve success. Ranges, levels and angles of attack are explained in detail, as well as techniques for entering and exiting your opponents critical zones!
KAJU • $39.95 • 55 min.

Part 2: Intermediate Theories, Principals and Techniques
This tape elaborates on snap vs. thrusting techniques, telegraphing signs and reading your opponent. Enhance your speed and power by developing relaxation! Learn the purposes of stance and silhouette training.
WHKD2 • $39.95 • 55 min.

Part 3: How to Counter Kicks
Learn how to counter your opponent's techniques, destroy his balance, and disrupt his center of energy! Covered are: kick against kick, hand against kick and body against kick. Also covered are stop-hit techniques, smooth entry and exit and techniques that will lead your opponent to the ground!
WHKD3 • $39.95 • 55 min.

Part 4: How To Work Basics On The Inside Range
Learn WHKD's way of applying Chi Na techniques. A variety of wrist locks and neck restraints are covered. Use these against an opponent who doesn't respond to your striking techniques! Dacascos teaches you to flow with a resisting opponent as well as demonstrates special exotic kicks.
WHKD4 • $39.95 • 55 min.

AMERICAN SHAOLIN KENPO
FEATURING JUNE CASTRO

Part 1: Fundamentals
June Castro has been training in the martial arts all of her life. She is an 8th degree black belt in the art of Shaolin Kenpo Karate under her father and instructor Grandmaster Ralph Castro. You will begin with the fundamentals to develop the necessary strength, speed, and foundation that Shaolin Kenpo is known for. This is the first video available on the direct and effective approach to fighting known as Shaolin Kenpo Karate!
ASK01 • $39.95 • 56 min.

Part 2: Using Jeet Kune Do Concepts in Training
June, an 8th degree black belt in Shaolin Kenpo also studies Jeet Kune Do under Burton Richardson. In this tape, she applies the Jeet Kune Do Concept of research and development to Kenpo's training methods. The emphasis is not a comparison, but an expansion of thought and application.
ASK02 • $39.95 • 46 min.

BEGINNING KARATE
FEATURING JERRY TRIMBLE

Jerry Trimble, World light-Welterweight Kick Boxing Champion, shows you the techniques and forms you must know to be a strong contender. You'll learn drills to improve balance, power and speed. A perfect tape for the beginner.
TRIM1 • $39.95 • 50 min.

BEGINNING & INTERMEDIATE COMBINATIONS WITH ENDURANCE DRILLS
Learn the kick and punch combinations you'll need to be the best! You'll learn how to develop maximum power and why different combinations work better than others. Jerry finishes off with endurance drills .Great information for both point fighters and kickboxers.
TRIM 2 • $39.95 • 50 min.

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GOSOKU RYU KARATE
Action Kumite & Free Sparring
FEATURING TAK KUBOTA

Learn this incredible style of Karate that Tak Kubota has developed through years of training and experimentation. You'll learn a variety of defenses against punch and kick attacks. Next you'll see some action-packed freestyle sparring sequences. The tape concludes with a montage of master Kubota's exciting demo performances.
GSK * $39.95 * 40 min.

PANGAI NOON/UECHI RYU KARATE
FEATURING MARK STEWART

PART 1: Understanding Kata
The art of Pangai Noon/Uechi Ryu originated from the close range fighting styles of the tiger, dragon and crane in the legendary land of Fukien Province, China. In this series, Mark Stewart, sheds some light on the little shown hidden motions of kata. He works with the Sanchin, Seisan and the Sanseiryu kata, giving a full demonstration of each plus applications of movements in the forms.
URK01 • $39.95 •45 min

PART 2: Training Drills
In this tape, Mark introduces training drills designed to develop the hidden motions found in the katas of Uechi Ryu Karate. Using the information detailed in part one, Mark explains the sticky hand drill, the double sticky hand drill, the forward energy drill and the wauke circle block drill, all of which come from the Okinawan iron body drills.
URK02 • $39.95 • 40 min.

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THE ART OF KICK BOXING
FEATURING MARK STEWART

Part 1: Ring Smart
Training includes solo, partner, and equipment techniques, highlighting mobility and flow drills. Mark starts with the basics: stance, footwork, and the 8 angles of attack and evasion. He then teaches 40 different flow drills designed to blend your tools into a variety of combinations. The tape concludes with 12 action packed rounds of progressive sparring!
AKB1 • $39.95 • 50 min.

Part 2: Street Wise
This tape concentrates on using kickboxing concepts for street self-defense. Shown are a variety of drills using combinations designed for self-defense rather than ring fighting including throws,, locks and trapping, plus 12 rounds of sparring focusing on street survival techniques.
AKB2 • $39.95 • 50 min.

MUAY THAI BOXING
FEATURING VUT KAMNARK

Vut Kamnark has been training since he was 8 years old and currently teaches and promotes Muay Thai matches and is president of the U.W.M.T.A. (United World Muay Thai Association.)

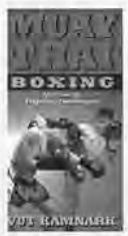
Volume 1: Warm-Up, Conditioning & Introduction to Equipment

This tape will get you ready to learn the rigorous tecniques of Muay Thai. After explaining Wai Kru, a dance of respect between fighters, you'll learn how to completely stretch and strengthen your body the Muay Thai way. Also full explanations are given on the different kinds of training gear and how to use them including; Thai liniment, ankle supports, hand wraps, gloves, thai pads, focus mitts, the belly protector, heavy bags and more.
MTB01 • $39.95

Volume 2: Basic Footwork, Punches & Elbows
You'll learn the on-guard stance and basic footwork. Next taught is the jab, cross, hook and uppercut. Detailed instruction on form and execution to develop maximum power and speed, as well as combination punching. The proper technique for delivering devastating elbow strikes from all angles concludes this tape.

MTB02 • $39.95

Volume 3: Kicks & Knees
Vut starts by teaching the push kick and its variations. Next he moves on to Muay Thai's trademark , The round kick. He breaks down each aspect of the kick so you can learn to harness all of its power. Next you'll learn the footwork and secrets to be able to throw this kick at any target from head to toe. The proper technique for delivering crippling knee strikes from all angles concludes this tape.



MTB03 • $39.95

Volume 4: Fighting Techniques
This tape puts it all together. It starts out with shadow boxing, the perfect way to practice all your techniques and warm-up at the same time. You'll learn how to defend against all attacks and develop an arsenal of counter combinations. Whether in a clinch or at long range, this tape will give you the information to fully utilize all your weapons. A variety of kick and punch combinations, good for fighting or just a great workout concludes the tape.
MTB04 • $39.95

CHINESE IN-FIGHTING
FEATURING DOUGLAS WONG

In this tape Doug teaches advanced techniques involved in close range combat, designed to keep your opponent off balance. Learn inside and outside attacking methods that use the principles of deflection as well as close range kicking drills using body torque to generate total striking power!
DWONC • $39.95 • 58 min.

CHINESE MARTIAL ARTS FIGHTING SKILLS
FEATURING DOUGLAS WONG

You'll learn to use minimum movement to obtain maximum results! The fighting concepts are broken into two components: 'Linear Motion vs. Circular Motion'. The various Body Zones are covered for long range strikes and for the grappling range. Also the principles of fighting multiple opponents, defenses against weapons, take-downs and more!
DWONB • $39.95 • 58 min.

HSING-I CHUAN
FEATURING GERALD A. SHARP

FIVE FISTS OF POWER, Part 1
This tape takes you through Hsing-I's basic training of hands and stances; as well as the applications and forms training for the 2 Splitting Fists, the Drilling Fist, and the Four Variations of Bursting (Crushing) of the Jiang Rong Qiao Hsing-I system. This tape introduces you to the practicality of Hsing-I both as a training tool, and a self defense art. While Hsing-I appears straightforward, you will be introduced to the slight angles, turns, and close range techniques of this rare internal art.

#HSI501 • $39.95 • 60 min.

FIVE FISTS OF POWER, Part 2
Tape Two completes the Five Fists with many useful applications and forms training for the Pounding and Crossing Fists, as well as teaching the applications and forms for Two Linking forms. These two linking forms known as: Transformation of the Five Fists and Single Linking of the Five Fists, are useful for tying together the principles of Splitting, Drilling, Bursting (Crushing), Pounding, and Crossing. By connecting the Five Fists, you will learn why Hsing-I Chuan is known as the penetrating internal martial art.

#HSI502 • $39.95 • 46 min.

POWER TRAINING
Power Training teaches three Hsing-I Standing Meditations (Zhanzhuang): the Infinity Posture, Listening to The Sea, and the Bear Posture for developing energy, power, and health; Hsing-I Push Hands for developing sensitivity, power, and root; and, useful self-defense applications and forms training for a Hsing-I Animals Power form (Hsing-I Hong Chuan). This tape is useful to a variety of martial arts practitioners, as well as internal arts practitioners such as Ta'i Chi Ch'uan and Pa Kua Chang.

#HSIP • $39.95 • 60 min.

12 ANIMALS, Part I
This tape demonstrates all 12 Animals of the Jiang Rong Qiao Hsing-I system, as well as applications and forms training for the Dragon, Tiger, Monkey, Horse, and Alligator. The 12 Animals build on the principles of the Five Fists and the Linking concepts. Utilizing the behaviors and movements of mythical and wild animals to develop a barrage of useful, practical self-defense techniques.

#HSI1201 • $39.95 • 52 min.

12 ANIMALS, Part 2
This tape completes the 12 Animals with applications and forms training for the Fighting Chicken, Falcon, Swallow, Snake, Ta'i (Ostrich), and the Combined Eagle/Bear. This tape also provides a Daily Practice Companion to practice the forms, and continues to build on the principles of the Five Fists and the Linking Concepts. Applications which emphasize Hsing-I's strikes are coupled with Hsing-I's close range techniques of grappling and throwing.
#HSI1202 • $39.95 • 60 min.

HUNG GAR KUNG-FU (Tempting the Tiger)
FEATURING VERNON RIETA

History, philosophy and technique are all covered in this overview of one of Shaolin Kung-Fu's most popular styles. Hung Gar combines the strong, close-range style of the tiger with the soft, elusive long-range movements of the crane, and its forms are a powerful tool containing a wide range of isometric exercises. You'll learn many of the basic attacks and defenses found in the Hung Gar style. Applications of the various movements in the form are demonstrated both traditionally as well as in real life street situations.
HGAR01 • $39.95 • 45 min.

SHAOLIN FIGHTING Theories & Concepts
FEATURING DOUGLAS WONG

Douglas Wong, founder of the modern day 'White Lotus' system, has taught over 7000 students with his highly diversified training course. Learn training exercises including upper body developement and body conditioning. Next Doug teaches soft hand blocks and joint locking blocks. You'll learn hand strike combinations followed by some fighting techniques. Doug explains footwork, postures, fighting ranges, body weaving and some unique fighting theories.
DWONA • $39.95 • 58 min.

SPLASHING HANDS
FEATURING JAMES MCNEIL

Part 1
Based on the way water pounds against the hands, Splashing Hands is considered one of the most powerful fighting systems available today! McNeil starts with the basic punches and blocks and works them into unstoppable combinations. He moves on to the basic kicks and follows with shuffle footwork, the basis for power. He puts it all together in a variety of self-defense techniques.

SH1 • $39.95 • 48 min.

Part 2
In this tape, McNeil continues with his lesson on the splashing hands streetfighting kung-fu series. He demonstrates Browns 1 through 8, a collection of self-defense techniques based on the splashing hands fundamentals. A complete fighting system on two tapes.
SH2 • $39.95 • 48 min.

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TAI MANTIS KUNG FU
FEATURING SCOTT COHEN

Part 1: Hidden Techniques

Tai Mantis is a system consisting of the North Shaolin and the Praying Mantis styles. Using basic stances, blocks and strikes, Scott demonstrates multiple applications not apparently seen in the technique. You'll learn how to create takedowns, traps, locks and counters from a few basic moves.

TAIM1 • $39.95 • 58 min.

Part 2: No Holds Barred combat

Learn the importance of timing, speed and power and how a smaller person can defeat a larger opponent by using proper body mechanics! This action packed video will increase the abilities of all students.

TAIM2 • $39.95 • 58 min.

SAVATE BASICS
FEATURING NICOLAS SAIGNAC

Savate, the traditional art of French kickboxing was developed in the eighteenth century. Today, Savate is practiced internationally by both men and women. Savate provide a complete physical workout while honing the senses and teaching an effective form of self-defense. This tape features a step-by step breakdown of the basic punches, kicks, blocks and combinations needed to practice Savate. The tape ends with a progressive sparring session highlighting the basic skills previously demonstrated.

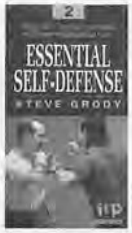
SAV01 • $39.95 • 53 min.

THE SAVATE WORKOUT
FEATURING NICOLAS SAIGNAC

This tape combines a progression of training drills designed to give you a complete cardiovascular workout as well as get as close as possible to an actual sparring situation. Starting with stretching and warmups and advancing to a variety of kicking and punching drills this workout will complement any martial arts style. This is an excellent workout for both men and women.

SAV02 • $39.95 • 60 min.

ESSENTIAL SELF-DEFENSE
FEATURING STEVE GRODY



Part 1

At each level of learning, Grody emphasizes what is most essential and useable, from the beginning to the more advanced skill levels. In this tape, Grody starts with attributes such as economy of motion, beat efficiency, simplicity and natural rhythm. Next, footwork and how it controls the range of the fight. Grody follows with major hand strikes and angles, low-line kicks and knee attacks. He goes on to evasive moves like slips as well as the basic covers and parries.

GRO1 • $39.95 • 53 min.

Part 2

In this tape, Grody continues to work the material shown in part one. He starts by working the focus gloves to teach the principles of defending and countering hand attacks. He progresses to hand defenses with kick follow-ups. Grody gets more in-depth with his explanations of defensive skills both for the hand and the feet and how to flow effortlessly between the two. Ultimately, the information in this tape will give you the ability to flow back and forth between offense and defense spontaneously.

GRO2 • $39.95 • 53 min.

Part 3

In this tape, Grody continues his progression of the most usable ways to attack and defend. He shows applications of feints and drifts, drills for defensive and offensive line perception and finishes with a series of counters to elbow attacks.

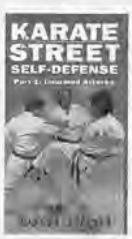
GRO4 • $39.95 • 53 min.

Part 4

In this tape, Grody teaches counters to knee attacks, the set-up, use and counter of the head butt, entries using the: jamming hand, ride-in, circling hand and beat. Also covered are counter for counter drills at the kicking, punching, kneeing and elbowing ranges.

GRO5 • $39.95 • 53 min.

KARATE FOR STREET SELF-DEFENSE
FEATURING DAN IVAN



Part 1: Unarmed Attacks

Sensei Dan Ivan began his martial arts training in Japan where he became the first foreigner to earn black belts in Karate, Judo, Aikido and Kendo. As an agent for the CID, he experienced the practical value of the martial arts and has been the official police instructor for numerous law enforcement agencies. In this tape he presents an easy to learn system of street survival. You'll learn practical strikes, blocks and kicks and how to use them in street situations.

KSD01 • $39.95 • 53 min.

Part 2: Weapons

In this tape, Dan focuses on techniques designed to help you escape or disarm an opponent armed with a weapon. He takes the basic structure taught in tape one and develops those fundamentals more fully. Remember there is no true self-defense against an attacker with a weapon, but as a last resort these techniques may save your life. Always use training weapons when practicing.

KSD02 • $39.95 • 50 min.

SELF-DEFENSE FOR WOMEN
Simple Street Proven Concepts That Work
FEATURING JUNE CASTRO

In accomplished martial artist, and an experienced fighter, June Castro brings a unique perspective to self-defense training. June teaches you the basic elements needed for self-defense. First, avoiding a confrontation through awareness. Second, escape if possible. Specific fighting skills are taught as a last resort; how to strike, where to strike, when to strike, and why. This tape will help you develop the self-confidence and self-esteem needed to successfully defend yourself.

SDW • $39.95 • 59 min.

YOUR BEST DEFENSE
FEATURING DEBORAH MAGONE

This excellent video is for both men and women! In this tape, Deborah, the first female 4th degree Black Belt in Okinawan Seidokan Karate, illustrates strategies to help you develop a highly effective means of self defense. Points covered include: vital striking areas, basic punches, kicks, knee and elbow strikes, blocks and proper falling techniques. Techniques are shown for purse snatching, when knocked to the ground, hair pulls, grabs and chokes.

SDEFS • $39.95 • 45 min.

KALASAG KUNTAO SILAT
Filipino/Indonesian Martial Arts
FEATURING ROBERTO TORRES

Part 1: Fundamentals

Kuntao, as practiced in Indonesia and the Phillipines, is totally combat oriented. It is a punishing art, characterized by tearing and breaking. Roberto Torres' foundation is based on three systems: Petjut Kilat Silat, Visitacion Kuntao and Wu Kung Kuntao. In this tape You'll learn Balangkas (stepping forms) one through six, Kalasag Kamay (shielding hands), Salag (blocks), Tulay Kamay (bridging hands), Sikaran (kicking) and Laban Kamay (fighting hands).

KKS01 • $39.95

Part 2: Sayaws (Forms)

All the keys to fighting can be found in these dances. You'll learn 15 forms with a fighting application for each. From the applications you'll learn to use your footwork, blocks and strikes and the principles to create your own combinations.

KKS02 • $39.95

Part 3: Buno (Grappling)
FEATURING ROBERTO TORRES

After a short review of the basics, you'll learn the principles of balance and manipulating the centerline. Roberto then teaches foot directions, Tatsulok Buno (triangle throwing) and Hagis (throwing).

KKS03 • $39.95

Part 4: Sandatas (Weapons)
FEATURING ROBERTO TORRES

In part four Roberto teaches the use of the stick or blade. You'll learn the basic strikes and 12 angles of attack. Applications with in-depth explanations are taught. You'll also learn defense, disarms and see controlled free sparring as well as Bunga, a free form practice.

KKS04 • $39.95

PENCAK SILAT RATU ADIL
Combination Techniques
FEATURING RUDY TERLINDEN

Part 1

Rudy has studied for more than 50 years to master four styles: Serah, Cikalong, Cimade and Suci-Hati. He combined these four styles to create Pencak Silat Ratu Adil. In this tape, Rudy demonstrates Juru (form) number one and teaches techniques based on this form. You'll learn the basics of footwork designed to positon you to apply counterattacks and effortless takedowns. Also shown are the forms Pukulan number one and two. Rudy concludes with a variety of self-defense techniques.

TERL1 • $39.95 • 58 min.

Part 2
FEATURING RUDY TERLINDEN

Rudy Terlinden continues to demonstrate more Pencak Silat combinations in this follow-up to part one. He teaches self-defense techniques against punches, kicks and elbows. Also shown are basic Pukulan strikes, blocks, entries and offensive techniques.

TERL2 • $39.95 • 58 min.

TAEKWONDO
FEATURING DANA HEE

The ABC's of Modern Competition Sparring
Eight to win with these techniques taught by Olympic gold medalist, Dana Hee. Learn how to develop the timing and explosive speed that helped her win the lightweight fighting division in the 1988 Olympic Games. This tape is designed to give you an overall view of what it takes to win in thew competition ring.
TKDS01 • $39.95 • 42 min.

Training Drills for Modern Competition Sparring
With these drills, Dana shows you how she made the transition from full contact and point fighting to the style of fighting used in modern competition Taekwondo. Dana teaches you the drills she used to develop the timing, kicking stamina and those fast twitch muscle fibres needed for explosive speed. You'll learn the various drills taught by '88 Olympic coach, Sang Chul Lee and other great masters coaching the U.S. team for the 1988 Olympic Games.
TKDS02 • $39.95 • 57 min.

Fighting Strategies for Modern Competition Sparring
Play chess with the champions with these sparring strategies taught by 1988 Olympic Gold Medalist Dana Hee. Learn how to attack, counter and checkmate your opponent using offensive counters, set-up counters, trapping techniques and ring strategy. These techniques are a must for any serious fighter learning how to compete in modern competition sparring.
TKDS03 • $39.95 • 59 min.

CHEN STYLE TAI CHI
FEATURING JAMES MCNEIL

Part 1
The Chen style's 13 sections and 64 moves are clearly illustrated and McNeil, a world renowned internal stylist, breaks down the form into individual movements. In this tape, McNeil breaks down the first 22 moves and shows the self-defense applications of each move.
MN1CTC • $39.95 • 48 min.

Part 2
In this tape McNeil continues his instruction of the Chen form. He starts with a review of the 22 moves taught in part one then goes on to moves 23 to 64.
MN2CTC • $39.95 • 48 min.

COMBINED TAIJIQUAN IN 48 FORMS
FEATURING WEN-MEI YU

Pt. 1: Forms 1-19
Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this tape series, she performs and explains the Combined Taiji-quan in 48 Forms.
TC481 • $39.95 • 58 min.

Part 2: Forms 20-48
In this tape, Wen-Mei Yu continues with movements 20-48.
TC482 • $39.95 • 58 min.

WU STYLE TAIJIQUAN IN 89 FORMS
FEATURING WEN-MEI YU

Part 1
Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this three part series, she teaches Traditional Wu Style in 89 Forms as taught to her by masters Wu Ying Hua and Ma Yueh Liang. Part one features a demonstration of the complete form, followed by a lesson on all the basic hand forms, stepping movements, turns and kicks. Next a detailed lesson on forms 1-16 is shown.
WU01 • $39.95 • 56 min.

Part 2
Part two continues with detailed linstruction on forms 17-55.
WU02 • $39.95 • 59 min.

Part 3
Part three concludes the series with detailed instruction on forms 56-89 plus a demonstration of self-defense applications derived from the form.
WU03 • $39.95 • 45 min.

TRADITIONAL YANG STYLE TAI CHI KNIFE
FEATURING WEN-MEI YU

The traditional Yang style knife form is composed of thirteen movements. Wen-Mei Yu starts off by teaching you the stances and individual knife methods needed to execute this form. The form itself is taught with detailed, step-by-step instruction, in an easy to learn manner.
YKN • $39.95 • 53 min.

TRADITIONAL YANG STYLE TAI CHI SWORD
FEATURING WEN-MEI YU

Part 1: Movements 1-35
In this tape, Wen-Mei Yu teaches a traditional Yang style sword form. The tape starts with a full demonstration of the form followed by instruction in the basic stances you will be using. The in-depth instruction of the form begins with movements 1-35, including a slow-motion review.
YSW01 • $39.95 • 58 min.

Part 2: Movements 36-53
In this tape, Wen-Mei Yu continues her instruction on the traditional Yang style tai chi form. The tape starts with a review of the material covered in part one before continuing the step-by-step instruction of the final movements 36-53. After completing the instruction, the full form is reviewed in slow motion as well as regular speed.
YSW02 • $39.95 • 46 min.

ACROBATIC FIGHTING TECHNIQUES
FEATURING STUART QUAN

Part 1
Fly through the air with the greatest of ease! In this two-tape series you'll learn to conquer your fears, go for your goals and reach your outer limits. Learn to perform dazzling acrobatic moves through an easy-to-follow, step-by-step process that will increase your flexibilty and strength as well. Part one teaches you: Basic stretching, Kip up, Head stand, Back extension roll, Front roll, Dive roll, Shoulder roll, Cart wheel and Combination moves.
ACR01 • $39.95 • 50 min.

Part 2
In this tape, Stuart continues his acrobatic lesson with: Advanced stretching, Back hand spring, Front hand spring, Back flip, Round off, Aerial cart wheel, wind mill, Combination moves, and Martial art choreography.
ACR02 • $39.95 • 50 min.

THE ART OF STRETCHING AND KICKING
FEATURING JAMES LEW

For you to kick your highest and move your fastest, it is essential to be limber and completely flexible! In this tape, James starts out with a general warm-up before starting his pre-kicking stretch routine, which strengthens as well as limbers up all the muscles used in kicking. Then he covers the basic kicks; front, side, roundhouse, hook, back, crescent, axe and more! You'll learn concepts for power and focus, as well as many tips to perfect your kickin technique. James concludes with stretches designed to obtain maximum flexibilty in an easy to follow routine.
LEW1 • $39.95 • 48 min.

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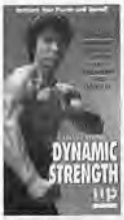
CREATIVE KICKING COMBINATIONS
FEATURING STUART QUAN

In this tape, Stuart takes your basic kicks and brings out important keys on how to maximize your execution. He talks about the slow/fast principle, how to create power and maintain balance. Next, Stuart gets into the combinations, using both Japanese and Korean style kicks, as well as adding punch combinations. He gives you a detailed, step-by-step breakdown of spinning and multiple kicking methods. He concludes with a series of self-defense techniques combining different styles of marial art.
QUAN 1 • $39.95 • 50 min.

DYNAMIC STRENGTH
FEATURING HARRY WONG



Control your own power destiny! All martial artists must continue to improve their power and speed as they train to achieve their own personal best! In this video, Kung Fu San Soo Master Harry Wong, will show you how to achieve the results you want. Using a unique blend of flowing isometrics Harry teaches you how to continuously improve your strength and physique. Recommended for students of all styles.
DS1 • $39.95 • 58 min.

ENHANCING YOUR SKILLS
FEATURING MARK DACASCOS

In this tape, Mark focuses on exercises and drills to improve your skills for both tournament fighting and street self-defense. He starts off with harmony sparring, a warm-up exercise that develops spontaneous reaction in your technique. Next he goes through a variety of conditioning and strengthening drills to help you overcome fear of contact, as well as build speed and reaction time. Martial artists of all styles will benefit from these unique partner sparring exercises.
ESK • $39.95 • 60 min.

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FIGHTING COMBINATIONS
FEATURING CHRISTINE BANNON- RODRIGUES

In this tape Christine teaches fighting techniques that she uses to consistently win at tournaments around the world. She begins by teaching methods of footwork. Next, Christine teaches 8 defensive maneuvers including the: side kick, jump back kick, hook kick, ridge hand and more. She continues with 10 offensive combinations like the fake hook kick to round kick, the low reverse punch to ridgehand, sweep and ax kick and her famous multiple round kick to side kick combo. Each technique is taught step-by-step, applied against a partner and demonstrated using training pads to perfect and develop the power in the technique.
FTC • $39.95 • 53 min.

HARD STYLE FORM COMBINATIONS
FEATURING CHRISTINE BANNON- RODRIGUES

In the world of sport karate, Christine Bannon-Rodrigues is the most versatile female competitor of all time. She has consistently won in all three categories of competition-fighting, forms and weapons. In this tape, Christine puts together kicks, punches and gymnastics into a unique blend of 15 combination moves to enhance your hard style forms for open competition. She teaches in an easy, step-by-step manner. As a bonus, Christine demonstrates her hard style form that has won numerous championships around the world.
HSC • $39.95 • 45 min.

THE HIDDEN COMBAT USE OF FORMS
FEATURING STEVE GRODY

In this tape, Grody explores the combat applications found in traditional Kung-Fu forms. Sometimes the most effective movements are either overlooked or misunderstood. By looking closely at your forms, you can discover their hidden combat lessons. 50 min.
GRO3 • $39.95 • 50 min.

KICKBOXING FOR WOMEN Essence Of Training For Fitness & Self-Defense
FEATURING JUNE CASTRO

A martial arts instructor, a Thai Boxing enthusiast, and certified fitness professional, June Castro teaches the fitness and self-defense aspect of Kickboxing. You will learn the fundamentals of footwork, boxing skills, elbows, knees, kicks, and various Thai Boxing drills. The workout improves the cardiovascular system, increases strength and muscle tone, while developing balance and coordination. The combative skills developed make this workout an excellent form of self-defense training.
KBW • $39.95 • 53 min.

KICKING TO NEW HEIGHTS
FEATURING STUART QUAN

This video focuses on aerial kicking techniques. Included are the Jump Side Kick, the Jump Spinning Kick and the awesome Jump 360 Kick as well as others. Stuart starts the tape with a good warm-up routine while giving you plenty of tips to improve your stretching. He then goes into a step-by step breakdown of each kick. The tape finishes with an array of aerial combinations for you to learn.
QUAN 2 • $39.95 • 50 min.

MARTIAL ARTS FUNDAMENTALS & SELF DEFENSE
FEATURING CARRIE WONG

This program demonstrates various Chinese Kung-Fu training exercises by world renowned forms competitor Carrie Wong. You'll learn important breathing concepts, horse training to develop strength in the lower body, and a basic form. Next you'll learn stump training for balance followed by basic hand forms. The tape concludes with kung-fu self-defense techniques. A great introduction into the Chinese martial arts!
MAF • $39.95 • 59 min.

PROTECTERCISE
FEATURING KAREN SHEPERD

Get in top shape while learning practical, effective self-defense moves. Karen Sheperd, star of several feature films and Red Sonja in Universal Studios' Conan the Barbarian show, has called upon her years of experience as a world champion martial artist and fitness instructor to create Protectercise, the perfect low impact aerobic workout which simultaneously teaches simple and realistic responses to physical assaults.
PROT1 • $39.95 • 60 min.

R.O.C.
FEATURING GREGG WOOLDRIDGE

Part 1

R.O.C. (Reactive Opponent Control) is a concept that goes beyond technique and focuses on total domination of your opponent. R.O.C. brings self-defense to a level that the average martial artist can understand and utilize with very little time expended in the training process. In this tape, martial artist and bodyguard Gregg Wooldridge teaches you the foundation of R.O.C.: body positioning and body manipulations.
RS1 • $39.95 • 45 min.

Part 2

FEATURING GREGG WOOLDRIDGE

In part 2, Gregg expands on the information taught in part one by adding punches, elbows, knees, kicks and headbutts to the basic body manipulations. In addition, a full lesson on grappling concepts and techniques is included. For those of you who have been in actual combat situations, you are well aware of the physicality needed to overcome an opponent. R.O.C. is the perfect supplement to add this to your training!
RS2 • $39.95 • 50 min.

SOFT STYLE FORM COMBINATIONS
FEATURING CHRISTINE BANNON-RODRIGUES

In this tape, Christine teaches 10 combinations including the 360° sweep, the jump inside crescent kick into full splits, the aerial butterfly kick, the aerial cartwheel and more. Next she teaches the basic junior longfist form in a step by step method. Christine then teaches a modified version by adding some of the more advanced combinations into the basic form. You'll learn her secrets for creating a world class soft style form for competition.
SSC • $39.95 • 52 min.

STRETCHING AND KICKING MASTER SERIES
FEATURING JAMES LEW

In this tape James focuses on the more dynamic jump, spin and multiple kick techniques. He starts off with a quick review of the basic kicking fundamentals. Next he teaches the jump and spinning front kicks, roundhouses, side, hook, crescent, and axe kicks. You'll learn how to kick from the ground as well as numerous kick combinations. This tape is a catalog of every kick imaginable!
LEW2 • $39.95 • 48 min.

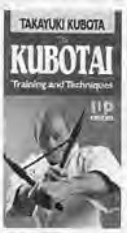
WEAPONS FORM COMBINATIONS
FEATURING CHRISTINE BANNON-RODRIGUES

In this tape, Christine draws from her world championship whipchain and broadsword form to teach you some dynamic combination techniques with these weapons. She starts with basic techniques such as the double flower and the forward figure eight and works up to more complex combinations like the 360¡ jump, floor combinations and neck wraps. Christine then teaches her entire form in a step-by-step breakdown.
WPC • $39.95 • 50 min.

THE AUTHENTIC KUBOTAN® SELF-DEFENSE KEYCHAIN
FEATURING TAKAYUKI KUBOTA

The official Kubotan™ self-defense keychain is a 5 1/2" plastic stick with a keyring attached. This tape will teach you the basic strikes and techniques you'll need to use the Kubotan®. Master Kubota starts off by explaining vulnerable striking points of the body. Next he teaches some simple striking patterns and joint manipulations. After learning the basics, you'll learn how to counter specific attacks including wrist grabs, arm grabs, chokes, punches, bear hugs and more. Master Kubota has taught martial arts to both law enforcement and the general public for over 50 years.
KUKC • $39.95 • 50 min.

The KUBOTAI: Training and Techniques
FEATURING TAK KUBOTA



Soke Takayuki Kubota has designed the ultimate weapon for self-defense. In fact, the Kubotai is so effective, many police departments have enlisted Kubota to train their forces in properly utilizing it. In this video, you'll learn strikes, blocks, control techniques and the kata that will put all the movements together.
KUTAI • $39.95 • 48 min.

up VIDEO

SHAOLIN WEAPONS SERIES:
FEATURING JAMES MCNEIL

THE BUTTERFLY KNIFE

Learning to handle martial arts weapons greatly enhances all empty hand techniques. In this tape, James McNeil demonstrates a Shaolin Kung-Fu butterfly knife set in a step-by-step, easy to learn format. To fully understand the weapon, McNeil also teaches the fighting application for each movement of the set.
SWPN01 • $39.95 • 40 min.

THE STAFF

In this tape, James McNeil demonstrates a Shaolin Kung-Fu staff set. By learning this form, you can master most of the basic maneuvers needed to utilize this practical weapon. To further your understanding of this weapon, McNeil also teaches the fighting application of each move of the set.
SWPN02 • $39.95 • 40 min.

WING CHUN GUNG-FU BASICS
FEATURING RANDY WILLIAMS

Pt. 1: Structure and Footwork

Randy Williams gives insightful instruction for the Basic Stance, the Eight Punches and Eight Palm Strikes of Wing Chun. Elbow Strikes and Blocking Motions are covered as are the Five basic Moving Stances. In addition, you will learn the footwork necessary to get the most from the other tapes in this outstanding series.
WCW01 • $39.95 • 50 min.

Pt. 2: Combat Theory and Kicks

This tape is the companion to Structure and Footwork and includes step by step explanations of the Mixed Footwork Patterns used to develop Body Unity. Learn the Centerline Theory, The concept of Reference and The Cutting Angle. Gain insight into Complex Motions and Simultaneous Defense and Attack. Also covered are Wing Chun's Invisible Kick principal and the use of the Rattan Ring!
WCW02 • $39.95 • 50 min.

WING CHUN GUNG-FU COMBAT DRILLS
FEATURING RANDY WILLIAMS

Pt. 1: Basic Blocks and Traps

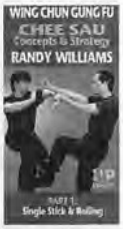
Five Star Arm Toughening Drill, Kuen Siu Kuen punch interception, Straight Punch drills: 4 variations done 3 ways! Also learn Yut Fook Yee Yin/Yang attack and defense drill, Pock Sau for quickness and dexterity in blocking and trapping, and many others!
WCW03 • $39.95 • 50 min.

PT. 2: Advanced Blocks and Traps

Slow Attacks Drills, Four Line Changing, Simultaneous Attack & Defense, Trapping and Kicking, Woo Sau Cutting Angle Defense, Fon Sau Drill for quickness and economy of movement, Lop Sau, Wing Chun's timing and trapping drill, Gahng Gyeuk; a 6-part shin/knee/ calf toughening exercise and others!
WCW04 • $39.95 • 50 min.

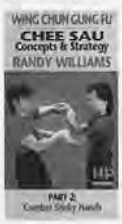
WING CHUN GUNG-FU
Chee Sau Concepts & Strategy
FEATURING RANDY WILLIAMS

Pt.1: Single Stick & Rolling



This video covers Look Sau; the famous double rolling arms cycle of Wing chun. Single Sticky hand and Inside and Outside Whip Cycles are demonstrated as well as basic three part sensitivity drills. All are clearly shown with and without the specific footwork, to make these techniques easier to learn and apply!
WCW05 • $39.95 • 50 min.

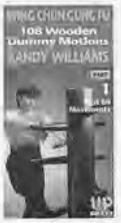
Pt. 2: Combat Sticky Hands



In this, the companion video, Randy takes you to new heights with the ultimate in Look Sau Rolling Arms techniques, 25 Gwoh Sau combat/attack combinations as well as 2 Response Chains! All designed to allow you to handle the multiple variations and possible outcomes of an attack!
WCW06 • $39.95 • 50 min.

WING CHUN GUNG-FU
FEATURING RANDY WILLIAMS

108 Wooden Dummy Motions Pt. 1



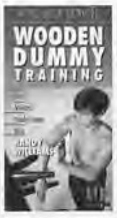
Part one covers the first 60 motions of the Mook Yan Joang Fot Yut Ling Bot wooden dummy forms and their applications. Also covered are dummy structure and installation.
#WCW07 • $39.95 • 50 min.

108 Wooden Dummy Motions Pt. 2
FEATURING RANDY WILLIAMS

Part two covers the remaining 48 motions based on the Biu Jee thrusting fingers set. Again forms and applications are covered.
WCW08 • $39.95 • 50 min.

WING CHUN GUNG-FU
WOODEN DUMMY TRAINING
FEATURING RANDY WILLIAMS

PART 1: Advanced Wooden Dummy Drills
In this tape, Randy demonstrates over twenty drills, both on the dummy and with a partner. He starts with the 5-Star Blocking Drill and continues with others such as: Fist Parries Fist, Huen Da Progression, Jom Sau Chasing, Straight Punch Drills, The Invisible Kick and more.
WCW09 • $39.95 • 56 min.



PART 2: Lop Sau, Chee Sau and Dummy Theory

In this tape, Randy concentrates on the Lop Sau/Fon Sau Switch, the Chahng Dai Jyeung Switch, the Biu Sau Switch, the Gum Sau Switch and the Pock Sau Switch. He then goes into Look Sau–Rolling Hands and attack combinations, Sticky Foot, the Dummy Centerline Theory and more.
WCW10 • $39.95 • 56 min.

WING CHUN GUNG-FU CLOSE RANGE COMBAT TECHNIQUES
FEATURING RANDY WILLIAMS

PART 1: Combat Principles and Attacking Combinations

This tape provides an explanation of important Wing Chun fighting principles such as the open/closed relationship, plant/trap/hit, the yin cutting angle, combat attitude, body unity and more. Also included are a number of fighting techniques, demonstrated at speed and in detailed slow-motion.
WCW11 • $39.95 • 47 min.

PART 2: Defense Against Straight Punches and Kicks

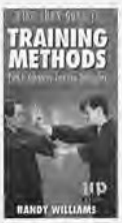
In part two, Randy continues to demonstrates fighting techniques against the jab, the 1-2, and a variety of different kicks.
WCW12 • $39.95 • 53 min.

PART 3: Emergency Defenses and Defenses against Punching Combinations

In part three, Randy starts off with a unique warm-up series and then continues with fighting techniques against a variety of punching combinations as well as different grabs, rear attacks and other self-defense situations.
WCW13 • $39.95 • 35 min.

WING CHUN GUNG-FU TRAINING METHODS
FEATURING RANDY WILLIAMS

PART 1: Advanced Lop Sau Principles



In this tape Randy teaches numerous training drills designed to perfect your Wing Chun techniques such as: All Lop Sau switches with kicks, stop kicks, broken rhythm, Fon Sau Switching, Chahng Dai Jyeung Switching, Biu Sau Switching, Gum Sau Switching, Pock Sau Switching and more.
WCW14 • $39.95 • 41 min.

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Part 2: Advanced Two-Man Drills

In this tape, Randy demonstrates training drills such as: The Pock Sau cycle, Leakage Drills, Huen Da, Block Responses, The Body Trap Drill, Single Sticky Hand with Kicks, Combat Sticky Foot and more.
WCW15 • $39.95 • 41 min.

Part 3: Structure and Stamina Training

In this tape, Randy teaches the Siu Leem Tau form, the Chum Kiu form, the Biu Jee form and some of his unique training methods such as the 1080 Punches, the 1024 Kicks, Short Punches, L-Moving and Whip Power. These drills are guaranteed to make the most of your practice sessions.
WCW16 • $39.95 • 60 min.

SIU LEEM TAU:
Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1

The first form is Siu Leem Tau or The Little Idea. A demonstration of the complete Siu Leem Tau Form and a detailed breakdown of part one motions and principles including: Basic Stance • Basic Punching Principles • Concept of Facing • Grabbing • Simultaneous, Indepen-dent Motion of the Hands • Chi Development • Rooting/Sinking • Hooking Traps • Basic Blocking Structure • The Cutting Angle of Wing Chun Blocks • Leen Siu Dai Da–Economy of Motion • Running Hand and More
WCW17 • $39.95

Part 2

Part 2 continues with detailed explanations of part two and three motions and principles of the Siu Leem Tau Form including: Whirlpool Energy • Striking Principles • Trapping Principles • Multi-Directional Movement • Punching Variations • Yut Fook Yee • One Hand Traps Two • Invisible Centerline Attack Principle • Basic Concept of Reference • Long Bridge Motions • Knee and Elbow Strikes • Borrowing Power • Palm Striking Variations • Neck Trapping • The Stupid Trap
#WCW18 • $39.95

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SIU LEEM TAU: Combat Techniques
FEATURING RANDY WILLIAMS

Part 1
Siu Leem Tau applications in Combat Sticky Hands engagements which include: Sup Jee Sau • Chop Kuen • Loy Fon Chop Kuen • Ngoy Kwun Sau • Loy Kwun Sau • Loy Fon Kuen • Inclusion • Chau Kuen Siu Kuen • Tan Da • Huen Da • Woo Sau • Running Hand • Woo Sau Clamping Trap • Fook Sau • Pock Sau • Pock Da • Loy Pock Sau • Jing Jyeung • Gum Jyeung • Shoulder Butts & Blocks • Gum Sau • Gum Da.
#WCW19 • $39.95•

Part 2
Combat Sticky Hands engagements highlighting more Siu Leem Tau principles and techniques in application including: Lon Da • Lop/Fun Sau • Jom Sau • Chuo Kuen • Yut Fook Yee • Jut Sau • Biu Sau • Syeung Kuen • Hahng Sau • Ding Sau • Tai Kuen • Hay Jahng • Tai Sut • Kau Sau • Ngoy Jut Sau • Chahng Jyeung • Pon Geng Sau • The Stupid Trap • Gahng Sau • Gahng Da • Tan Sau Wrap • Clamping Trap • Circling Cut • Chahng Dai Jygung • Boang Sau • Sinking Tan Sau • Pau Sau • Tuet Sau
#WCW20 • $39.95

CHUM KIU: Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1
Volume 1 starts with the complete Chum Kiu Form then continues with a detailed explanation of its individual motions and principles including: Body Unity • Concept of Reference • Yin/Yang Motion • Inclusion/Exclusion • Use of Centrifugal/Centripetal Force • Relaxed Power • Leg Checking • Elbow Attack • Stance Pivoting Range and Limits • Joint Locks/Strikes • Mixing Principles • Waist Trapping • Boang Sau Defense • Roots of Lop Sau and more.
WCW21 • $39.95

Part 2
Explanations of Chum Kiu principles including: Outward Diagonal Punch • Excluding from Underneath • Combination Footwork • Various Facing Relationships • Combat Usage of Fook Sau • Whip Power • Hand Strikes on the Ground • Combing Circular and Straight Motion • Combining Bent and Straight Motion • Kicking Principles • Leg Blocking • Hock Throw • Plant/Trap/Hit Principle • Use of Momentum • Change of Reference vs. One or More Opponents and more.
WCW22 • $39.95

Part 3
Explanations of Chum Kiu principles plus aslow-motion look at the Chum Kiu Form. Finally Randy teaches Combat Lop Sau which teaches you how to break into free-form combat from the Lop Sau cycle. Chum Kiu principles covered in this tape include: Sidekick • Stop Kicking vs. Punching and Kicking • Kick Sequence for Training • Ducking • Offset Timing • Defense vs. Hooks/Backfists and more.
WCW23 • $39.95

CHUM KIU: Combat Techniques
FEATURING RANDY WILLIAMS

This tape demonstrates Combat Sticky Hand engagements highlighting Chum Kiu principles in application including: Choh Ma Cheh Kuen • Jeen Kuen • Pai Jahng • Soang Jahng • Chum Jahng • Jeep Sau • Waist Trap • Lon Sau • Boang Sau Neckbreak • Ngoy Doy Gock Kuen • Exclusion • Jing Ma • Jing Gyeuk • Ngoy Tiu Gyeuk • Leakage Attacks • Chum Kiu • Chau Kuen • Pon Geng Sau • Lop Fook Sau • Wahng Gyeuk • Loy Tiu Gyeuk • Loy Doy Gock Gyeuk and more.
WCW24 • $39.95

BIU JEE: Concepts & Principles
FEATURING RANDY WILLIAMS

Part 1
The third hand form is Biu Jee or Shooting Fingers. Volume 1 starts with the complete Biu Jee form. Next is a detailed breakdown of part one motions and principles including: Combining the Forms • Advanced Biu Jee Pivoting • Spring Fingers Strike • Wrist Snapping Power • Four-Way Wrist Whipping • Horizontal Forearm Strikes • Grabbing Techniques • Crawling Trap • Butting Elbow Strike • Nosecone Defenses • Rolling Strikes on the Ground • Complex Timing • and more.
WCW25 • $39.95

Part 2
Volume 2 continues with explanations of Biu Jee principles including: Lowline Exclusion • Springy Power • Fock Sau Blocking and Attacking • Defense vs. Rear Attack • Close Range Usage of Long Bridge Motions • Adding Yang Power to Yin Motions • Defeat of the Yin/Yang Structure • Mixing Whirlpool and Straightline Energy • Gwot Sau Scooping • Chambering at Extremely Close Range • Finger Strikes to the Eyes and Throat •Multi Attack • Groundfighting and more.
WCW26 • $39.95

Part 3
Volume 3 continues with explanations of Biu Jee principles plus another look at the complete form in slow motion. Biu Jee principles in this video include: Inward Diagonal Punch • Finding the Root of all Punches in Wing Chun Blocks • Determining the Centerline • Blending Punch Principles • Abbreviated Pivoting Stance • Forward/Backward Headbutting • The Wing Chun Bob & Weave • Locking/Stopkicking from a position of extreme disadvantage • Kick Facing • Correlation of Wing Chun Leg Blocks to Hand Blocks and more
WCW27 • $39.95

BIU JEE: Combat Techniques
FEATURING RANDY WILLIAMS

Volume 4 demonstrates Combat Sticky Hand engagements highlighting Biu jee principles including: Tahng Jee • Forearm Strikes • Reverse Neck Trap • Grabs • One Finger Trap • Gwai Jahng • Nosecone Defense • Butting Elbow • Motion Intercepting Stance • Inward/Outward Sweeps • Complex Blocks • Outside Whip Punch • Lowline Exclusion • Piercing Toe Kick and more.
WCW28 • $39.95

WUSHU TRAINING SERIES:
FEATURING KENNY PEREZ

STRETCHING and WARMUP
Kenny teaches you the stretching methods that allow the Wushu competitor to accomplish the great range of flexibility neccessary to perform their dynamic routines.
WUSH01 • $39.95 • 50min.

Pt. 1: CHANG CHUAN: LONG FIST BOXING: Basics
This is an introduction into the basic strikes, kicks and stances that serve as the foundation of this northern style of kung-fu.
WUSH02 • $39.95 • 50 min.

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WUSHU TRAINING SERIES:
FEATURING KENNY PEREZ

Pt. 2: CHANG CHUAN: LONG FIST BOXING: Form and Application

This tape teaches you an elementary chang chuan form and breaks down those movements into their practical applications.
WUSH03 • $39.95 • 50 min.

THE SHAOLIN SHORT STAFF

This tape teaches you the fundamentals of the short staff as well as demonstrating a form and breaking down the movements into their practical applications.
WUSH04 • $39.95 • 50 min.

CHAINWHIP AND BROADSWORD

Kenny starts off with the broadsword and teaches movements including, coiling, the stab, the hack, the pick, thrusts, the press, slices and different figure eights. A basic broadsword form is demonstrated. The instruction for the 9-section chainwhip includes figure eights, swings, circles, neck wraps, leg maneuvers and the one-hand toss around. The tape ends with combination techniques and a complete form demonstration.
WUSH05 • $39.95 • 45 min.

3-SECTIONAL STAFF

In this tape you'll learn all the skills needed to master this weapon. Kenny starts off by showing the basic ways to hold the staff, then moves on to manipulating the weapon. You'll learn various figure eight motions, blocks, swings, stabs, circling and methods of opening and closing the 3 sections. More complex techniques like the 10 strikes and ground rolls are also covered. An introductory form is taught step-by-step with applications.
WUSH06 • $39.95 • 48 min.

NAN CHUAN

Nan Chuan focuses on the southern styles of kung-fu such as hung gar, five animals and wing chun. Kenny starts off by teaching the basic hand forms including tiger claw, crane, snake and dragon. He then teaches drills to develop strikes using the different hand forms. Next, you'll learn 10 stances and 10 stepping patterns. Kenny combines all the basics and teaches you the compulsory basic nan chuan form in a step-by-step breakdown. Finally, you'll learn how to apply the techniques in fighting situations.
WUSH07 • $39.95 • 60 min.

DITAN CHUAN

Ditan chuan focuses on falling, tumbling and groundfighting techniques. Kenny starts by teaching falling technicues including front back and side falls as well as the front flip fall. Acrobatic moves include rolls, dives, kips, cartwheels, scissors, handsprings and the butterfly kick. The tape concludes with numerous applications of these innovative techniques.
WUSH08 • $39.95 • 60 min.

EFFORTLESS COMBAT THROWS
FEATURING TIM CARTMELL

In this detailed video, Tim Cartmell expertly explains the principles of combat throwing techniques and provides dozens of examples of throwing techniques which, when performed correctly, do not require the use of great power, force or effort. Drawing from over 25 years of martial arts experience, Tim explains the concepts of combat throwing techniques in a clear and easy-to-follow manner. Practitioners of all martial arts will benefit from learning the principles of effortless combat throwing techniques and the theory, strategy, set-ups, and follow-throughs explained and demonstrated .
#TROW01 • $39.95 • 60 min.

THE FUNDAMENTALS OF PA KUA CHANG
FEATURING PARK BOK NAM

VOL. 1

Pa Kua Chang is one of China's foremost internal martial arts, based on the pa kua or eight trigram symbol. In this video, world renowned pa kua chang master Park Bok Nam demonstrates in detail the various components of pa kua chang's basic training as it was taught to him by the legendary master, Lu Shui-Tien. These exercises will help any martial artist improve footwork, body flexibility, internal energy circulation, and internal striking power.
#PAK01 • $39.95 • 53 min.

VOL. 2

This video begins where Volume One left off, increasing the viewer's knowledge and understanding of pa kua chang footwork, palm striking power, martial arts body movements, and chi kung internal energy development. In addition, this volume adds the components of elbow striking, leg locking, and kicking.
#PAK02 • $39.95 • 57 min.

GAO STYLE BA GUA ZHANG: PRACTICE AND APPLICATION
FEATURING LUO DE XIU

In this video Luo De Xiu demonstrates all eight of the Gao Style Pre-Heaven Ba Gua changes, demonstrates four different circle walking methods, shows numerous applications of the Gao style form, demonstrates six of the Post-Heaven, straight line Ba Gua forms from the Gao style and teaches Ba Gua relaxation Qi Gong.
#GAO01 • $39.95 • 60 min.

PRACTICAL CHIN NA
FEATURING TIM CARTMELL

PART 1

Chin na specializes in the striking and seizing of vital points, grasping of tendons and blood vessels, and the locking of joints. Every major martial art in China utilizes the techniques of chin na and thus it is said that "chin na represents the essence of Chinese martial arts." This tape features 20 different techniques used to lock the neck, elbow and shoulder.
#CHIN01 • $39.95 • 60 min.

PART 2

Part two of this series features techniques used to lock the wrist, hips and knees. With each tecnique shown, Tim also teaches set-ups, take-downs, follow-throughs, and pins so that the viewer can learn to apply these techniques in fighting situations.
#CHIN02 • $39.95 • 60 min.

THE PRINCIPLES OF BA GUA ZHANG FIGHTING
FEATURING LUO DE XIU

In this video Luo De Xiu of Taipei, Taiwan, demonstrates the basic hand, body, and stepping exercises, palm changes, combat forms, and two-person sets which provide the foundation for using ba gua zhang as a combat art. In addition Luo De Xiu demonstrates a wide variety of combat techniques.
#BAGUA01 • $39.95 • 60 min.

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12/09	Dallas, TX
12/10	Victoria, BC CAN
12/15	AWTO AEO HQ W/R. Latosa
12/16	AWTO AEO HQ W/R. Latosa
12/17	AWTO AEO HQ W/R. Latosa

January / 2001

01/12	Los Angeles, HQ
01/13	Los Angeles, HQ W/R.Latosa
01/14	Los Angeles, HQ W/R.Latosa
01/19	Midland, TX
01/20	Austin, TX + Escr.
01/21	Louisville, KY + Escr.
01/26	Mesa, AZ
01/27	Eureka, CA + Escr.
01/28	Vacaville, CA + Escr.

February / 2001

02/03	Ogden, UT + Escr.
02/04	Boise, ID + Escr.
02/16	Dallas, TX
02/17	Lisli, IL W/R. Latosa
02/18	Clarksville, TN W/R. Latosa
02/23	Calgary, AB Canada
02/24	Toronto, ONT + Escr.
02/25	Vancouver, BC + Escr.

March / 2001

03/02	Fairbanks, AK
03/03	Anchorage, AK +Escr.
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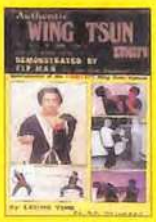

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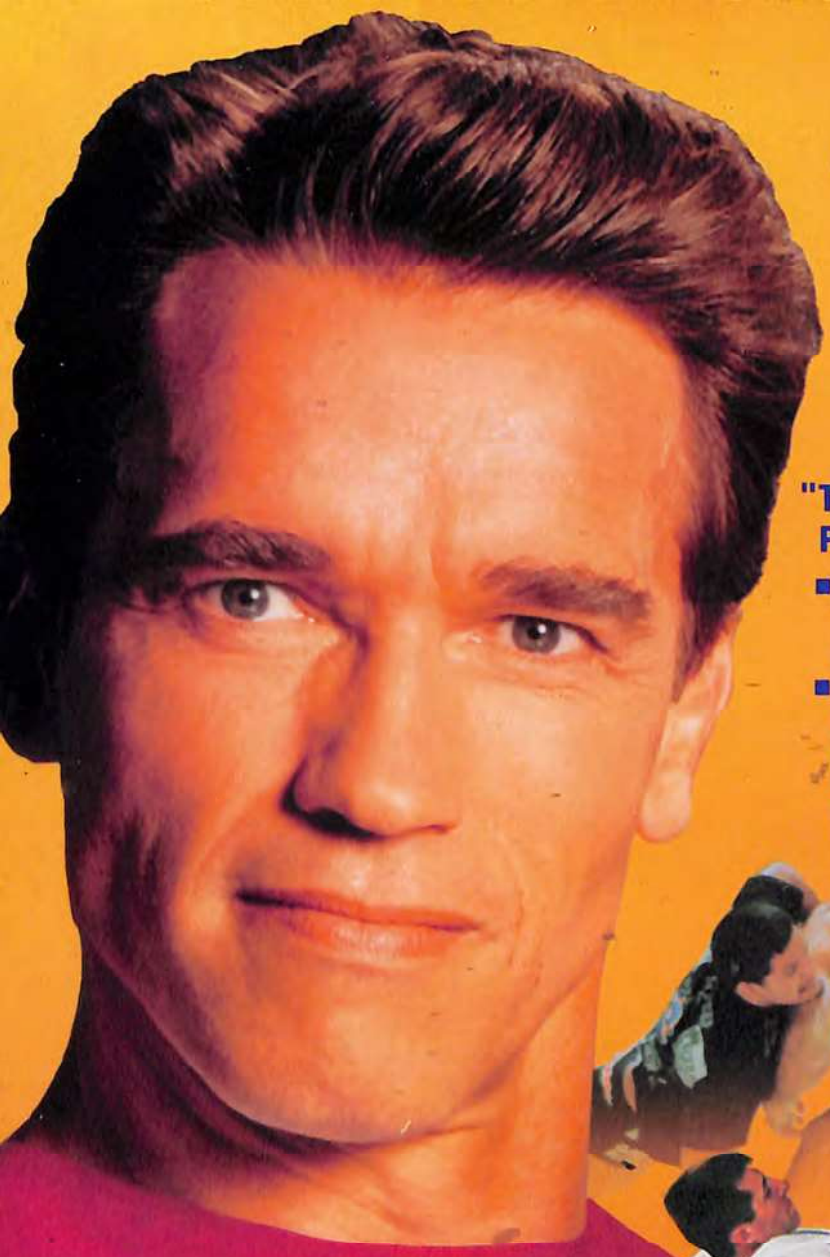

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